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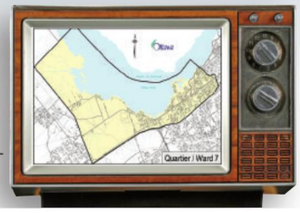
FROM CONVENTIONAL TO KOOKY, HOPEFULS LAY OUT THEIR PRIORITIES PAGE 6



Overspending allegations cloud Pride festival

Organizers point fingers at the festival's hired producer. PAGE 3

What to expect at Ottawa Folk Fest

Metro talks to Serena Ryder, Coeur de Pirate and Ed Kowalczyk about their sets. PAGE 22

Gee-Gees scandal tainted all players

Former Ottawa Gee-Gees' hockey player Alexandre Touchette is now playing in France after a sexual assault scandal forced the university to cancel the entire 2014-15 season. CONTRIBUTED

Alexandre Touchette. Ex-Ottawa U hockey player heads to France after 'reputation was damaged'

TREVOR GREENWAY
trevor.greenway@metronews.ca

A former University of Ottawa hockey player has moved his life to France to get out from the dark shadow that the school's sexual assault scandal has cast over him.

Forward Alexandre Touchette says the widely reported incident that involved two of the team's other players for allegedly sexually assaulting a girl in Thunder Bay, has ruined his reputation and his opportunity to ever play university hockey in Canada again.

"I bought a condo in Gatineau and now I have to sell it because I can't play hockey any more in Ottawa," said the former Gee-Gee, who spent the past three years with the club.

Touchette was a driving force on the Gee-Gees squad last season, netting 11 goals and 26 points in 24 games. He's now playing with the Division 1 Aigles de Nice in the Nice Hockey Côte d'Azur league. He scored two goals and two assists in his debut game and leads the team in scoring.

"I have played hockey since I was four years old. I (left) home at the age of 14 to go play hockey in Saskatchewan. I didn't come to Ottawa just for the school; I went there to play hockey, and the university took that away from me," added the forward.

The University of Ottawa cancelled the entire 2014-2015 season weeks before players Guillaume Donovan and David Foucher were charged with sexual assault in relation to an incident that took place Feb. 2, 2014, when the team was in Thunder Bay to play Lakehead University. Touchette wasn't in Thunder Bay with the team that weekend.

The 24-year-old said he tried to stay in Canada and spoke to several other teams about playing hockey, but they all just wanted to know if he was involved in the scandal.

"As soon as the school suspended the entire team and told the media about it, my reputation was damaged," he said, adding that his parents were receiving emails from all over wondering if their son was part of the alleged sex assault. He said because no charges were laid for months after the allegations came to light, the entire team had to pay for the actions of two players.

"Suspending a CIS hockey team is something that can really damage a career for someone like me."

The Acton Vale, Que., native doesn't know what this means for his hockey career — or his academics.

He still has one year left to earn his social sciences degree, but he will take courses online this winter.

Touchette's former Gee-Gees coach Réal Paiement, who was fired amid the allegations, also found work coaching in France — running the bench for Les Ducs d'Angers in the Ligue Magnus.

Quoted

"I didn't come to Ottawa just for the school, I went there to play hockey and the university took that away from me." Alexandre Touchette

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FIVE THINGS YOU NEED TO KNOW TODAY

1
DANCE SHOES ON
The Ottawa Folk Festival and the Bluesfest School of Music and Art are hosting a Cape Breton Ceilidh dance Wednesday from 7-9 p.m. in the basement at 450 Churchill Ave. North.

2
WE'RE STARDUST
Malcolm Butler, dean of Carleton's faculty of science, will survey the origin of elements in the universe at the Ottawa public library, Sunnyside branch, Wednesday 6:30 to 7:30 p.m.

3
REBUILDING GAZA
The deputy Palestinian prime minister said Tuesday that international donors are hesitant to fund the reconstruction of the Gaza Strip while Hamas stays in control there.

4
PARKING FEE: $1M
Parking spots under a New York building are going for roughly $1 million US each — proportionally more than the apartments above, at $5,000 to $6,666 per square foot.

5
NEW U2 ALBUM
Irish superstars U2 released their first album in five years, via iTunes on Tuesday. Apple announced it had sent Songs of Innocence for free to half a billion iTunes customers.

Pride producer overspent, says Capital Pride

Review. Organizers accuse contractor of going 'significantly' over festival's budget

LUCY SCHOLEY
lucy.scholey@metronews.ca

An early investigation into "accounting irregularities" following Capital Pride Week has organizers pointing fingers at the festival's hired producer — claiming he overspent the budget.

A statement issued by the organizers on Tuesday alleges Sebastien Provost, founder of the House of SAS, "significantly exceeded the agreed-upon budget."

Provost was responsible for managing entertainment, bar sales and festival site production.

The Capital Pride board says it has been working with experts to analyze documents. The investigation currently focuses on invoices from festival site and entertainment providers requesting payments that were not approved by the board, the organization alleges.

The statement does not specify how Capital Pride organizers could sign off on cash higher than the agreed-upon funds.

Provost, who offered his services pro bono, said he was "unaware of any overspending" and said his records indicate he stayed within budget.

"I'm not sure how Capital Pride can say that when they actually wrote all the cheques out," he said, alleging that treasurer Giselle Gardipy and vice-chair of operations Andrea Guilbault endorsed all the financial expenditures.

Unfazed

"They were aware of the expenditures, entirely, or they wouldn't have issued a cheque."

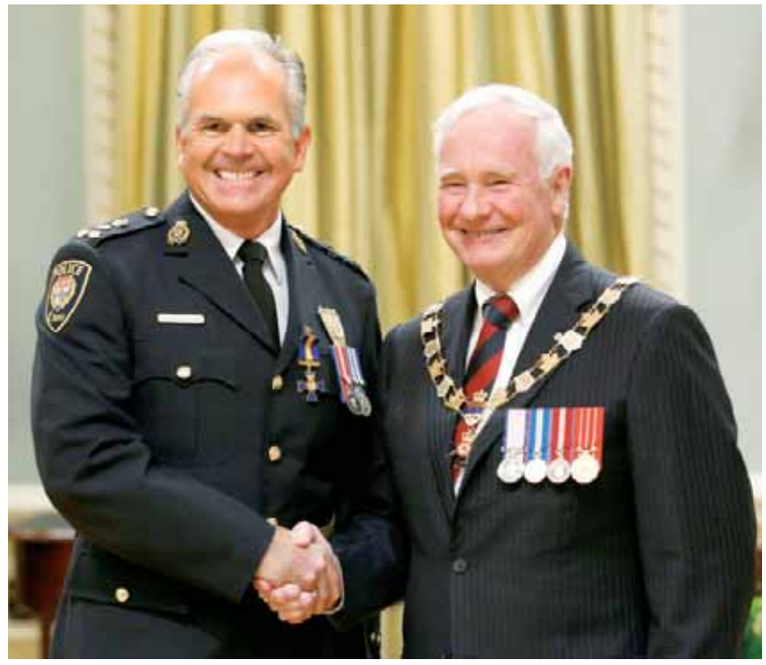
Sebastien Provost, founder of House of SAS, who was hired to manage entertainment, bar sales and festival site production

Provost previously said that a cheque for alcohol worth $23,700 bounced. There have also been reports of other cheques bouncing.

The Capital Pride statement said "no donations or sponsorships funds have been implicated in any way."

Organizers say they are looking into other irregularities, but were unable to comment further.

The organization is still completing an internal audit of all the invoices and would contact each supplier, according to the statement.



Police chief now a different kind of officer

Governor-General David Johnston, right, appoints Chief Charles Bordeleau of the Ottawa Police Service as an Officer during the Order of Merit of the Police Forces ceremony at Rideau Hall in Ottawa on Tuesday. For more on Bordeleau and other award recipients go to metronews.ca.

PATRICK DOYLE/THE CANADIAN PRESS

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‘Unconditional support is what saved my life’: Student opens up about OCD

‘We’re so scared to open up.’ Parents don’t need to be experts to talk about mental health, advocate says

JOE LOFARO
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A 23-year-old University of Ottawa student who struggled with obsessive compulsive disorder in high school said she couldn’t have overcome the illness without the help of her parents and friends, and she is encouraging other parents to have that important talk with their kids.

Speaking at The Royal Ottawa Mental Health Centre on Tuesday, the eve of World Suicide Prevention Day, Alyse Schacter opened up about her mental health struggles that started in Grade 7 in Ottawa.

Whether it was brushing her teeth, showering, or walking to class, it would take her hours to get through the smallest of tasks.

“At the time, I would be having trouble getting from classroom to classroom because I would get stuck with the cracks in the tiles. Every time I would step on a crack, I would have to go back to my locker and start the journey again,” said Schacter.

After her parents spoke to the class and asked her classmates to help her out, they began giving her piggybacks to and from classes so her feet wouldn’t have to touch the ground.

“Particularly in mental health, because we’re so scared to open up, I think people will be really pleasantly surprised by the reactions of support,” she said.

Recent awareness campaigns have tried to remove the stigma around talking about mental health, but the thought of starting that conversation with their kids might scare some parents.

Not having those conversations is what scares Schacter.

“My parents weren’t able to cure my OCD, they weren’t able to prescribe me medication, or do therapy with me. Just their really basic, unconditional support is what saved my life,” she said.

Need help?

- **A telephone helpline run by the Parents’ Lifelines of Eastern Ontario (PLEO) is one local resource if you are seeking help.** Call 613-321-3211 or 1-855-775-7005 (toll-free) or email info@pleo.on.ca.
- To mark Suicide Prevention Day Wednesday, the Community Suicide Prevention Network is hosting a Know What to Do workshop for parents at the McKellar Field House on 539 Wavell Ave., starting at 6 p.m.

Alyse Schacter, 23, says parents don’t need to be trained professionals to talk to their children about mental health.
JOE LOFARO/METRO

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National Arts Centre union votes to strike

Unionized National Arts Centre employees voted to strike on Friday, after nearly three years of negotiations trying to get a new collective agreement.

The Public Service Alliance of Canada (PSAC) is heading back to the bargaining table with the NAC this week over a contract concerning 76 employees who work in parking, maintenance, security and trades.

Those PSAC members have been without an agreement since the last one expired in December 2011.

According to the NAC, the union is asking for a 10.5 per cent wage increase over three years, 7.5 more full-time workers, five more part-time workers and for base salaries to be increased between nine and 12 per cent for trades people and facility workers.

Rosemary Thompson, director of communications and public affairs at the NAC, said those demands are unrealistic in the “current economic context.”

Management is offering packages similar to what other unionized employees get, she said.

PSAC members at the NAC have been without an agreement since the last one expired in December 2011.
LUCY SCHOLEY/METRO

“We value our staff. They do a fantastic job. We’re all trying to bring the performing arts to Ottawa,” she said.

“No matter what happens, the centre will stay open, performances will take place and we have contingency plans in place.

“But, right now, we’re focused on that bargaining table and we want to get a solution there.”

Thompson said a strike would also not impact on the box office, the café or parking.

But Larry Rousseau, the executive vice-president of the National Capital Region for PSAC, disagreed.

“The parking lot is going to be closed (because of picketers),” he said, “but we don’t want to go there.”

He said the NAC has yet to put any offers on the table and he denied PSAC is demanding more employees.

Rather, he said, the union is asking for clearer language in the contract about job security.

“They’ve been stringing us along for three years,” he said.

NAC workers can legally strike on Sept. 24.

LUCY SCHOLEY/METRO

Three years of talks

“We value our staff. They do a fantastic job. We’re all trying to bring the performing arts to Ottawa.”

Rosemary Thompson, director of communications and public affairs at the NAC, on the looming strike by PSAC members

Station Boulevard

Police probe city's 30th shooting

With more than three months left in 2014, Ottawa police are now investigating the city's 30th shooting of the year — the same number of shootings reported in all of 2013.

The latest shooting happened in the 1400 block of Station Boulevard. No injuries were reported. **JOE LOFARO/METRO**

Britannia Heights

Man, 29, critically injured in stabbing

A 29-year-old man was stabbed early Tuesday in Ottawa's Britannia Heights neighborhood.

Paramedics responded to a call for a stabbing that occurred in the area of Regina Street and Poulin Avenue. The mobile medical service treated the man at the scene for life-threatening stab wounds. He was transported to hospital where he arrived in critical condition. **METRO**

William Melchert-Dinkel

Ex-nurse convicted in connection to Canadian's suicide

A former Minnesota nurse who admitted going online and encouraging people to kill themselves was convicted Tuesday of assisting the suicide of an English man and attempting to assist in the suicide of a Canadian woman.

The convictions follow a legal battle that spanned more than four years and that led to the reversal of part of a Minnesota state law that outlaws the practice.

Rice County District Judge Thomas Neuville ruled that the state proved that William Melchert-Dinkel, 52, assisted in the suicide of Mark Drybrough, 32, of Coventry, England.

He said the state failed to prove Melchert-Dinkel's assistance was a direct cause of the suicide of Nadia Kajouji, 18, of Brampton, Ont., but found him guilty on a lesser charge of attempting to help her take her life. **THE ASSOCIATED PRESS**

Centrepointe's new season is doin' it like a Cake Boss

'The full experience.'
Expect SNL veterans, celebrity chefs and dinosaurs in a theatre season not to be missed

TREVOR GREENWAY
trevor.greenway@metronews.ca

Ottawa's Centrepointe Theatre is pulling out all the stops for its upcoming fall season, and has booked big-gun acts such as Saturday Night Live's Chris Kattan, Tim Meadows and Rob Schneider, TLC's Cake Boss Buddy Valastro and the crew from PBS Kids' Dinosaur Train, just to name a few.

It's part of Centrepointe's rebranding strategy that took effect last year when the city-run theatre turned 25, and so far it's working.

According to Centrepointe Theatre's Barbara Brunzell, memberships are up a whopping 76 per cent this year and pre-sales in May went up 72 per cent.

"We have really upped the talent that is coming here," Brunzell said, adding that they have also added a lot of pre- and post-show activities.

"People want the full experience. They want to go to dinner and then they come to the show and then they want to look at art in the lobby, so we are trying to make it a full experience."

The new season kicks off this October.

TLC's Cake Boss Buddy Valastro comes to Centrepoint Theatre April 11. CONTRIBUTED

Top shows this season

Oct. 19: An Evening With Shaun Majumder
Oct 22: Randy Bachman's Vinyl Tap Tour
Feb. 10-11: CBC's the Debaters
Feb. 21: Veterans of SNL: Rob Schneider, Tim Meadows and Chris Kattan
March 19: Ricky Skaggs and Kentucky Thunder
March 21: Jim Henson's Dinosaur Train Live

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Bay Ward throwdown

From New Ward Order to fresh ideas and bow ties, this is the live TV debate you'll want to watch even if you don't live in Bay Ward.

TREVOR GREENWAY
Metro

Hair and makeup crews are assembling for candidates in Bay Ward, as the riding's five hopefuls gear up for a live televised debate Sept. 20.

The candidates will press each other on hot-button ward issues from the LRT expansion and the controversial Orgaworld contract to fluoride and protecting the Ottawa River.

Tune into Rogers Channel 22 at 10:30 a.m. to see incumbent Mark Taylor ward off hopefuls Brendan Mertens, George Guirguis, Alex Cullen and Michael Pastien.

Metro spoke to all five candidates prior to the debate to find out what they will be fighting for when Ottawa heads to the polls Oct. 27.

1 Alex Cullen

Why are you running in the Bay Ward?
I believe I am the better city councillor for Bay Ward. I represented Bay Ward for 10 years at the city from 2000-10 and I have been disappointed with the work of my replacement from the last election. I have seen too many dropped balls and too many lost opportunities for Bay Ward. With my experience and leadership, I can do a better job.

What are your top three priorities?
1) We need a fair property-tax system for renters. 2) We have a number of field houses that are more than 50 years old. Not only do they need to be renovated, but they need to meet community needs for programming. 3) We keep talking about improving the water quality of the Ottawa River.... We now have the federal/provincial funding, it's time to put that money in place and stop polluting our river.

What is your secret debate kung-fu move?
Kill 'em with facts. I am a detail person and I do my homework and it's facts.

2 Michael Pastien

Why are you running in the Bay Ward?
I am a rather innovative person, (and) I feel that the representation in this riding has been rather quiet.... I feel we have far from a strong voice in the riding. I know I can bring fresh ideas to this city council.

What are your top three priorities?
1) We need to get much better communication with the federal government. The communication with the National Capital Commission has been poor. 2) The LRT from Tunney's Pasture to the west end still hasn't been solved and that's a very high priority. 3) The Bay Ward needs a much better distinct brand. The Bay Ward doesn't really have a brand as to what is special about it.

What is your secret debate kung-fu move?
I definitely have a ton of energy. I am going to look good, I am going to sound good, and I am going to have fresh ideas and style.

3 George Guirguis

Why are you running in the Bay Ward?
Nothing has changed. You read in the newspaper every day there is a high crime rate in the city, no jobs.... I am looking to create jobs and try to improve the crime rate by creating jobs.

What are your top three priorities?
The three priorities are the same: Creating jobs, creating jobs creating jobs. When we create jobs, we are basically eliminating the crime rates in the area and it gives people hope.

What is your secret debate kung-fu move?
Honesty. I will just say the truth as it is. I want to save money and create jobs, that is what it is.

4 Brendan Mertens

Why are you running in the Bay Ward?
I was just fed up with the direction the Bay Ward was going towards. I can use my own brand of humour and mix it with politics and hopefully it will make them sweat. Initially, I just wanted to make them sweat, but now I feel like I have a real chance to be the underdog in the situation.

What are your top three priorities?
1) I want to renegotiate the 20-year contract with the Orgaworld Corporation. 2) Increase security at Lincoln Fields. Bay Ward has got more sexual assaults than any other district. 3) I would try to build Ottawa into being a fluoride-free city. Windsor is doing it, Victoria is doing it — I don't see why Ottawa isn't leading this pact of removing the fluoride from the water.

What is your secret debate kung-fu move?
I don't want to reveal too much, but I am going to say New Ward Order.

5 Mark Taylor

Why are you running again in the Bay Ward?
I am running again to finish a lot of the work that we have started and there are things that we have not yet gotten to that we want to address and really to help refresh and renew our community.

What are your top three priorities?
1) Infrastructure renewal because people value when they see their streets repaved and their pipes swapped out.... It makes good financial sense. You can't have stuff breaking. 2) Community park renewal and community asset renewal. 3) Environmental stuff: Seeing the Ottawa River Action Plan come to fruition, the Pinecrest Creek Bay lighting, transit travel.

What is your secret debate kung-fu move?
Honesty and openness with the panel in responding to any questions that are put to us. You hear a lot of evasion in politics and it's really refreshing when someone gives you the straight truth.

$4 per year. First Nations take governments to court over stagnant benefits

The annual payment of $4 to members of First Nations under an 1850 treaty has not been increased in 140 years and that is unfair, a group of chiefs is arguing as it takes the federal and Ontario governments to court.

The chiefs from the Robinson-Huron Treaty territory say the Anishnabek agreed under the treaty to share their lands and resources with newcomers and in return the Crown would pay annuities that were supposed to increase over time. But, they say, the last increase was in 1874 and they still receive just $4 per year.

"The Robinson-Huron Treaty anticipates and provides economic benefits for us in perpetuity," Chief Dean Sayers wrote in a statement.

"The annuity was intended to be our revenue stream, our share of the wealth generated by revenues from our territory, yet many of the beneficiaries live in poverty. This is not what our ancestors and the Crown agreed to." THE CANADIAN PRESS

Bill C-36

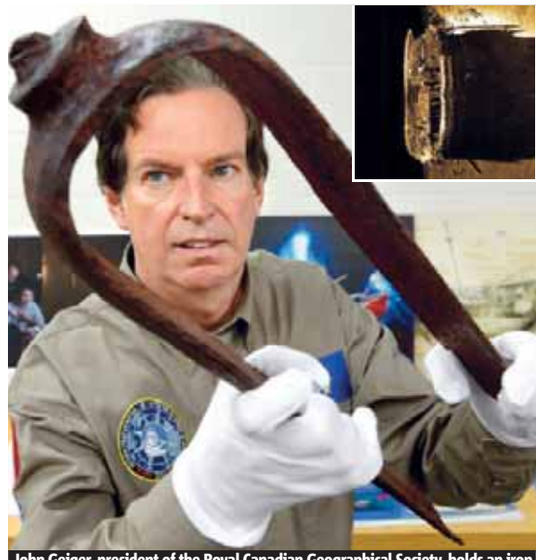
Prostitution laws will protect sex workers: MacKay

Until the sex trade in Canada can be eliminated, federal laws should provide safer working conditions for sex workers, Justice Minister Peter MacKay said Tuesday.

Bill C-36 does just that, he argued — a position that continued to draw sharp criticism from some advocacy groups Tuesday at the first day of Senate hearings into the proposed law.

The new law would make prostitution illegal, but with a caveat: It provides legal immunity for those who sell sex. THE CANADIAN PRESS

Lost Franklin Expedition ship discovered in Arctic waters



John Geiger, president of the Royal Canadian Geographical Society, holds an iron fitting, identified as a davit from a ship, in Ottawa on Tuesday. The artifact is being noted as the key piece of evidence that led to the discovery of a ship, seen in the inset sea-floor scan, that is believed to be one of two wrecked during the doomed Franklin Expedition of 1845. SEAN KILPATRICK/THE CANADIAN PRESS

'A really important day.' Hunk of metal leads to 'historic' break in one of the most enduring Canadian mysteries

The key to unlocking the mystery of the missing Franklin Expedition came just days ago when a coast guard helicopter pilot spotted a dark U-shaped object in the Arctic snow.

The time-ravaged hunk of metal bore the markings of the Royal Navy. It was a davit — part of a lifting mechanism, likely for a lifeboat, for one of the two lost Franklin ships.

On Tuesday, the davit sat on display in Parks Canada's Ottawa laboratory, the only tangible link to one of the most enduring mysteries in both Arctic and Canadian history.

The remarkable find completes one half of a puzzle that gave rise to many searches throughout the 19th century.

The search team confirmed the discovery in the early morning hours of Sunday using a remotely operated underwater vehicle recently acquired by Parks Canada. It is not known yet whether the ship is HMS Erebus — the flagship on which Franklin himself was sailing — or HMS Terror.

Prime Minister Stephen Harper, who recently came close to the search area on his annual northern trip, could barely contain his delight Tuesday as he delivered news of the "great, historic" breakthrough.

"I'd say it's been the subject of scientists and historians and writers and singers," Harper said. "So I think we have a really important day in mapping together the history of our country." THE CANADIAN PRESS

Quoted

"For more than a century, this has been a great Canadian story and mystery."
Prime Minister Stephen Harper

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Flight 17. Dutch report says plane hit in midair

A child's jump rope, its yellow handles blistered and charred. A burned book in Tagalog. Chunks of twisted fuselage. More than seven weeks after being shot from the sky, the wreckage from Malaysia Airlines Flight 17 still lay strewn Tuesday across the fields of eastern Ukraine.

As evidence of the July 17 aviation disaster that killed all 298 people on board remained exposed to the elements, investigators hundreds of miles away in the Netherlands — who have not yet visited the crash site because it is deemed too dangerous — released a preliminary report that left key questions unanswered.

The plane had no mechanical or other technical problem in the seconds before it broke up in the sky after being struck by multiple "high-energy objects from outside the aircraft," the report said.

There were multiple punctures in the cockpit and front section of the fuselage, it said — damage that could be caused by a missile that detonates in front of its target and peppers it with small chunks of metal.

THE ASSOCIATED PRESS

Pakistan, India

Raging floods kill hundreds

Monsoon floods sweeping across India and Pakistan have killed more than 440 people, authorities said Tuesday, warning hundreds of thousands more to be prepared to flee their homes as helicopters and boats raced to save marooned victims.

Authorities in Pakistan say the floods, which began Sept. 3, are the worst since massive flooding killed 1,700 people in 2010. Pakistan's minister for water and power, Khwaja Mohammad Asif, warned parliament that some 700,000 people have been told to leave their homes, which could be inundated in the next four days. THE ASSOCIATED PRESS

Obama hints he may extend U.S. campaign against ISIS

Broader strategy. May include more wide-ranging airstrikes against targets in Iraq and possibly Syria

In this Sept. 4 file photo, U.S. President Barack Obama shakes hands with Jordan's King Abdullah II during their meeting at the NATO summit in Wales. As the U.S. looks to stitch together a coalition to tackle ISIS, the Obama administration will have to overcome the reluctance of Mideast allies who are deeply frustrated with a White House they believe has been naive, fickle and weak on Syria's civil war. CHARLES DHARAPAK/THE ASSOCIATED PRESS FILE

U.S. President Barack Obama told congressional leaders Tuesday that he has the authority he needs to carry out a broader campaign to root out the violent extremists in Iraq and Syria, a day before outlining his plans to the American people in a prime-time address.

The White House said the president told lawmakers that he still would welcome action from Congress that "would aid the overall effort and demonstrate to the world that the United States is united in defeating the threat" from the Islamic State of Iraq and al-Sham (ISIS). That could take the form of congressional authorization to fund counterterrorism efforts, as well as train and equip more moderate elements of the Syrian opposition.

The president's broader strategy to confront the ISIS militants may also include more wide-ranging airstrikes against targets in Iraq and possibly in Syria.

The U.S. began launching limited airstrikes against ISIS targets in Iraq in August, action that occurred at the invitation of the Iraqi government but without specific authorization from Congress.

Even before Obama's meeting with congressional leaders, some lawmakers had suggested a vote on the president's plans was unlikely before the midterm elections in November.

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4 weeks (60 hours in class and 60 hours online)
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Modern era of French women shy away from 'le topless' days of old

A change of season. As few as 2% of French women under 35 say they want to bare their breasts when visiting France's beaches

France's summer is fast becoming a memory, and so is one of its iconic beach sights: the topless woman.

As few as two per cent of French women under 35 now say they want to bare their breasts, according to an Elle magazine poll this summer. It's a far cry from the once-ubiquitous scenes of semi-nudity on the French Riviera, epitomized by 1960s blond bombshell Brigitte Bardot.

"It's seen as vulgar. People are more prudish these days," explains 60-year old Muriel Trazie, keeping her breasts out of the public eye while sunning herself on Paris Plages, the French capital's summer beach.

Sandra Riahi, 22, in a bikini, chimed in: "I've never done it. I'd be too embarrassed."

In the 1960s, it took a country like France to make feminism sexy — and women did it by going topless on the beach. "Men don't have to wear bikini tops, so why should we?" the feminists cried. The boundary-breaking became risque trend-setting — when photos of La Bardot posing topless in the Cote d'Azur were beamed around the world.

When France stood up to a conservative backlash and refused to ban topless bathing in the 1970s, wearing the "monokini" — the bikini bottom without the top — became a symbol of Gallic pride.

But times change, and so do bathing suits. Some link the demise of "le topless" to a simple change in French fashion styles — with a recent trend for full swimsuits, and ones that accentuate the bottom. But sociologists claim that the trend should be taken more seriously, with some suggesting that French women have forgotten the achievements of feminism.

"French young women today are more conformist. They've already attained freedom.... So they've gotten lazy and taken it for granted," said Jean-Claude Kauffman, author of Women's Bodies, Men's Gaze — Sociology of Naked Breasts.

Nathan Assouline, a 22-year-old beach monitor, said some could be discouraged by the rise of phone cameras for fear their photos may end up on social media.

"I see lots of old men loitering around here," he said. "I have to stop them from taking photos on their phones. It happens all the time."

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In this 2014 photo, tourists and Parisians take advantage of the Paris Plage event, an artificial beach set up on the right bank of the Seine river in Paris with palm trees, outdoor showers and hammocks. France's summer is fast becoming a memory, and so is one of its iconic beach sights: the topless woman. JACQUES BRINON/THE ASSOCIATED PRESS

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Could last refuge for the lost end up killing with kindness?

Eva's Satellite. Toronto shelter takes in problem youth barred from other safe havens, but former staff say its leniency is putting everyone at risk

JESSICA SMITH CROSS
Metro in Toronto

Karen Tizzard, program manager at Eva's Satellite, stands in front of the youth shelter on Canterbury Place in North York on Tuesday. JESSICA SMITH CROSS/METRO

Ivory credits Eva's Satellite with keeping her alive, housed and mostly off drugs.

Eva's, a youth shelter in Toronto, is where she went — first for housing, and then to learn how to properly inject heroin when she relapsed.

"When I was using heroin with my mom, I always had someone else inject it," said Ivory, 24, who asked to be identified by her nickname. "So when I had my relapse, I was able to go to them."

She started using heroin when she was nine or 10.

"My mom started using first and then to support her habit she was letting her 'friends' and dealers do whatever they wanted to her nine-year-old daughter so she could get more supply. By the time I was 12, I was prostituting with her."

Ivory had a daughter five years ago, but lost custody when her daughter was 2-1/2. Then she landed at Eva's.

Eva's Satellite is a "harm reduction" youth shelter, offering education and kits for safer drug use, as well as recreation, counselling and access to a doctor and a psychiatrist.

Homeless youth, aged 16 to 24, will find themselves barred from other shelters for drug use or aggressive behaviour. They can go to Eva's, however, because the threshold for being barred is higher.

To some in Canada, "harm reduction" is deeply misguided; to others, it's the only humane approach to treating addiction. Eva's was the first harm-reduction shelter for youth in Canada and, according to staff, still the only one of its kind.

Staff members are available 24-7. All have experience in shelters and a college diploma or university degree in social work or a related field. A doctor and a psychiatrist are available once a week for about three hours.

Final hope

"All I know is if it wasn't for Eva's Satellite and the staff here, I would probably still be on the streets or I'd be dead." **Ivory, 24,** who asked to be identified by her nickname

Eva's isn't a supervised injection site. Drug use is against the rules but won't get residents automatically barred.

"All I know is if it wasn't for Eva's Satellite and the staff here, I would probably still be on the streets or I'd be dead," Ivory said.

Former staff air concerns

This spring, six employees were fired. Eva's wouldn't disclose the reason, except to say it was justified and verified.

One staff member who was let go, Nathan Hammah, worked at Eva's for five years. He told Metro that one reason the employees were fired was for sleeping on the overnight shift. The group has disputed their firing, and the issue has gone to arbitration.

Hammah said he decided to speak publicly about his concerns, not because he was fired, but because he came to believe that conditions for staff and residents were unsafe, including incidents of violence.

Hammah said that such behaviour is tacitly condoned whenever there is tolerance for drug use on the premises.

Hammah added that residents weren't getting proper care whenever on-site use led to a medical problem; he "blew up" at management over their response to a resident who had injected ketamine and was found unresponsive.

He said he told management, "You found the kid, you did not send him to the ambulance, and we're all in the office talking right now and nobody's watching this kid."

"I don't believe that a kid OD-ing with a needle in his arm means that you're providing a safe place. It means you're providing an interior place for them to get high. It's not monitored," he said.

Tolerance

"You'll have to be interacting with ... youth a day later, after they've threatened your life."

Sameera Warlond, who worked at the shelter for two years, before she was fired

Sameera Warlond, who worked at the shelter for two years before she was fired, said the shelter's policy on drugs and alcohol also puts staff and residents at risk.

Warlond said management would overrule frontline staff and allow aggressive residents to stay. "So then you'll have to be interacting with that youth a day later, after they've threatened your life or something like that."

Warlond said the shelter's policy with alcohol is to allow intoxicated youth to stay, but insist they drink off-site.

"If they have alcohol on them then they can store it with us," she said. "We have told management that we are very uncomfortable storing alcohol for these children, especially when ... some of them are under 19."

Shianne Pettifer, a friend of Hammah and a former resident of Eva's, said she also believes the shelter is too lenient. Pettifer said she was stabbed in the forehead by a fellow resident, who she believed was drunk or high but was allowed to return to the shelter.

Management defends shelter practices

Karen Tizzard, the program manager at Eva's, said the former staff members never said they felt unsafe until they were let go. She said they received ongoing training and, in any case where they felt ill-equipped, there was more training available.

If clients are caught doing drugs on-site, Tizzard added, they are taught about safer ways to use and ways of getting help — but aren't kicked out.

"Unfortunately in Toronto, we don't have a (supervised) injection site, so people are going to use wherever they want," she said. "Our thing is, let's keep them here so they're going to be safe."

Tizzard said incidents of drug use and mental-health crises at Eva's have never been fatal, and shelter staff know how to respond. She feels crises at Eva's are minimal considering the suffering many of the youth have experienced.

"The amount of trauma that these young people have dealt with, I can't even fathom dealing with a fraction," she said.

Alan Simpson, the residential supervisor at Eva's, said the shelter creates safety and stability for people going through a crisis. They create an individual plan for each client to reduce their risks, but overdoses have occurred.

"Is that frightening and scary for people? Absolutely. We are a harm-reduction shelter, we run a needle-distribution program, we run a pipe-distribution program. If you're coming to work here, it shouldn't be a surprise," he said.

Simpson said it's better for a drug user to be found during a room check at Eva's than not found for hours outside.

"Other youth have died in parking lots and under bridges because no one is there," he said.

Eva's also helps youth deal with their underlying problems and concurrent mental-health issues, he said.

"We're not doctors, we're not medical staff, but we do the best we can."

Tizzard and Simpson both say addiction and mental health are medical issues, not shelter issues.

More medically oriented funding would help them better address these concerns, including allowing them to hire an on-site nurse.

Calls for police assistance

Police records detail many calls from the shelter between 2010 and 2013, including 45 calls regarding apparently violent incidents.

- 21 calls for assault
- 14 calls for fights
- Five calls for sexual assault
- Four calls for "person armed with a knife"
- One call for robbery
- 24 calls for "emotionally disturbed person"
- 21 calls for "threaten suicide"
- 11 calls for "person berserk"
- Two calls for "drunk"
- Six calls for "overdose"
- 233 medical or mental health-related calls, not described in the records, where EMS workers have requested police assistance

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One more thing ... It's the Apple Watch

Cupertino, Calif.
Apple bets the smartwatch's time has finally come

For the first time in years, Apple's iPhones weren't the star of the show. Apple unveiled a smartwatch on Tuesday, a wearable device that marks the company's first major entry in a new product category since the iPad's debut in 2010.

The move is significant because of recent questions about whether Apple still has a knack for innovating following the 2011 death of co-founder Steve Jobs.

The device's introduction upstaged the company's two new, larger iPhones, which won't just have bigger screens; they'll have a new, horizontal viewing mode to take advantage of the larger display.

iPhone 6

The iPhone 6 will have a 4.7-inch screen, while the iPhone 6 Plus will be 5.5 inches. The screen resolution on the Plus version will be sharper than previous iPhones, at 401 pixels per inch rather than 326.

With the larger screen comes a new horizontal view of the home screen. Usually, icons are stacked vertically, even when the phone is turned horizontally. App developers will also have new tools to rearrange their content to take advantage of that larger screen.

Apple Watch

The audience erupted with cheers as Cook proclaimed that he had "one more thing." It was how Jobs used to close his keynote addresses.

That one more thing was the Apple Watch, rather than the iWatch that many people had been speculating.

Consumer electronics companies have yet to demonstrate a compelling need for smartwatches.

The watch will require one of the new iPhones or an iPhone 5, 5s or 5c. It will be available early next year at a starting price of $349 US.

THE ASSOCIATED PRESS

'Canada's second currency' here to stay

Western University archivist Robin Keirstead holds some historic Canadian Tire money from the Canadian Tire Heritage Collection, in London, Ont., Monday. Tired of that wad of crumpled Canadian Tire bills in your car glove box? Canadian Tire has an app for that. The retailer unveiled its plans Tuesday that will let customers collect and redeem the value of the ubiquitous bills on a loyalty card or smartphone. But that doesn't mean the colourful currency adorned by the smiling Scot, Sandy McTire, is going the way of his jaunty plaid tam and scarf. "Donated to charities, accepted at local businesses, and found tacked up in pubs around the world, many consider Canadian Tire to be Canada's second currency," said Allan MacDonald, the retailer's chief operating officer. DAVE CHIDLEY/THE CANADIAN PRESS

NFL star Ray Rice

Nike cuts Rice after domestic violence video surfaces

Nike is severing its business ties to Ray Rice a day after he was let go by the Baltimore Ravens and suspended indefinitely by the NFL following the release of a video showing him striking his then-fiancée in February.

Nike Inc. confirmed via email Tuesday that Rice is no longer among the athletes it is working with.

THE ASSOCIATED PRESS

Expert panel

How will Google enforce Right to be Forgotten rule?

Google chairman Eric Schmidt and a panel of experts held the first of seven public sessions Tuesday to help the company define how it should enforce a new "Right to be Forgotten" rule under which Europeans can seek the removal of embarrassing search results.

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Market Minute

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TSX 15,536.81 (+27.42)

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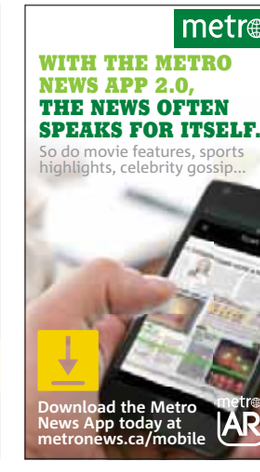
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WHERE WILL NOSEPICKERS GO NOW?

JUST SAYIN'

Paul Sullivan
metronews.ca

What's up with elevators?

It used to be you could pick your nose in an elevator and remain blissfully unobserved.

Not anymore. Elevators are more like remote paparazzi these days, invading the privacy of such upstanding citizens as Beyoncé's sister, Ray Rice and Des Hague, that guy from the catering company who kicked the puppy.

You could argue that's a good thing, especially if it prevents Ray from flattening his girlfriend or Hague from kicking the puppy.

And if it comes at the loss of one of the last bastions of casual privacy, one of the few places where you can un-self-consciously adjust a wedgie without worrying if you're on Candid Camera, so be it.

Today, you can bet everyone in every elevator across the land is resolutely staring at the lights indicating the floor numbers or carefully and responsibly reading the instructions for what to do when you get stuck between floors.

You just have to wonder if there's anywhere we can still pick our noses in peace. Judging by the numbers of noses being picked while their owners are stuck in traffic, maybe privacy isn't necessary. But really, where's it going to end?

Almost everywhere you go, there's a camera. Even in the loo. More and more pubs and restaurants are installing cameras in their restrooms, if not directly in the stalls, as proprietors are getting tired of the shenanigans that go on as closing time approaches. You thought elevators were bad...

How long will it be before the courts decide to move cameras into private residences to enforce parole conditions, for example? And as zero tolerance and technology combine to make it easier, how long before we spend every waking — and sleeping — moment under video scrutiny?

Elevator cams may capture a bit of nasty behaviour, but there's a whole world of pain out there, and most of the bad things people do to each other happen behind closed doors unobserved. Just think of all the crimes we could prevent by putting everyone under surveillance all the time.

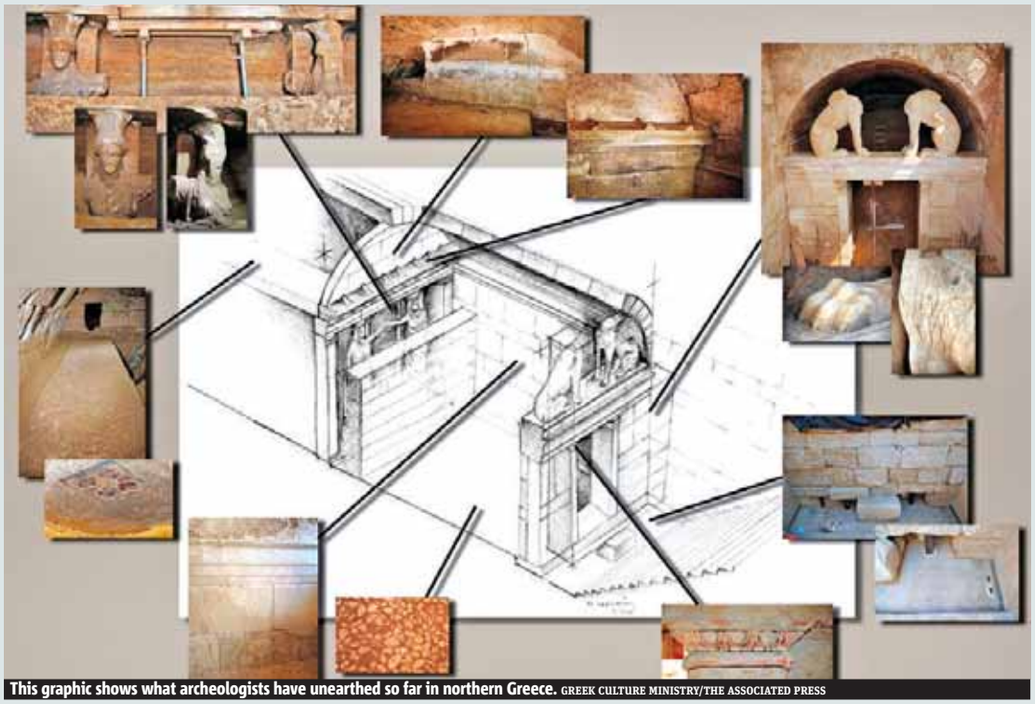
Right now you're probably thinking that it's time to get Sullivan fitted for his tinfoil hat, but think about it. We're even doing it to ourselves. You can buy sophisticated video surveillance equipment off the shelf at Canadian Tire or Costco. And home alarm companies are selling increasingly invasive video security packages that you can operate with your mobile phone.

Of course, you're not the only one operating your mobile phone.

I'm not condoning the bad things people do when they think no one else is watching, but I do wonder if we'll even notice when the last private place is gone. I'd love to see the look on your face when the realization dawns.

In fact, I'm quite sure I will, along with several million of your closest Internet BFFs.

Who lies buried here?



This graphic shows what archeologists have unearthed so far in northern Greece. GREEK CULTURE MINISTRY/THE ASSOCIATED PRESS

Archeologists show off ancient tomb discoveries

Fans of ancient history are laying bets on who was buried in the dark heart of a massive marble-walled tomb that is slowly coming to light in northern Greece.

Dating to the tumultuous years surrounding the death of Alexander the Great, between about 325 and 300 BC, the tomb is the largest ever found in northern Greece — a resting place monumental enough for royalty.

The burial borders the ancient Aegean port of Amphipolis (near modern-day Amfípoli), which once served as the base for the fleet that Alexander the Great took on his invasion of Asia. This past weekend the excavation team, led by Greek archeologist Katerina Peristeri, announced the discovery of two elegant caryatids — large marble columns sculpted in the shape of women with outstretched arms — that may have been intended to bar intruders from entering the tomb's main room.

NATIONALGEOGRAPHIC.COM

MetroTube

Life hacks, by hacks

ANDREW FIFIELD
andrew.fifield@metronews.ca

Obvious advice is a hack now, right? Like, a good fast-food-ordering hack is to line up at the counter. Or if you're looking for a gardening hack, try connecting your hose to the house. Thankfully, Tripp and Tyler have moved past such well-worn tips for some truly rare wisdom that you've never heard before. Though, there may be a reason these are so mysterious — perhaps they're best avoided. (YouTube/Tripp and Tyler)

ISTOCK

Twitter

@metropicks asked: An Ohio sleepwalker hurt himself falling off a cliff. What's the strangest thing you've done while sleepwalking?

@sackvillenovasc 57m: My daughter has cooked a complete meal several times while sound asleep.

@pohl1: Once woke up sitting at the end of the bed. Was informed that I had been fishing for the last half hour.

@MeToddScott: While sleeping I'd answer my roommates math questions. Woke to him & his friend with a text book writing answers

Follow @metropicks to get in on the conversation.

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 14 in Scene and page 25 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

1. Open the Metro News app on your smartphone or tablet device. Click the AR icon in the top right corner.
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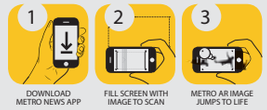

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SCENE 2

Hollywood takes to dolphins with a few flicks of a Flipper

Making a splash. Dolphin Tale 2 builds on the affection for the aquatic mammals that started in the '60s

IN FOCUS
Richard Crouse
scene@metronews.ca

A new genre of movie, the boy-and-his-dolphin film, was introduced in 1963.

There had been boy-and-his-dog and girl-and-her-horse movies, but Flipper was something different — an aquatic love story about a young boy who nurses a dolphin back to health after it was accidentally speared.

Flipper became something of a sensation, spawning more movies, a television series and a catchy theme song ("They call him Flipper, Flipper, faster than lightning, No one you see, is smarter than he") but he's not the only dolphin in Hollywood's great big sea.

2011's Dolphin Tale was a movie based on the real-life relationship between a boy and Winter, an injured bottlenose dolphin. This weekend's Dolphin Tale 2, starring Harry Connick Jr., Ashley Judd, Kris Kristofferson, Morgan Freeman and dolphins Winter and Hope, is a continuation of Winter's tale. This time around, the good folks at the Clearwater Marine Hospital search for a companion for the lonely dolphin.

In between Flipper and Dolphin's Tale came many swimming mammal movies. There's Beneath the Blue and Eye of the Dolphin but Day of the Dolphin may win the prize for Best Movie with the Silliest Tagline. "Unwittingly he trained a dolphin to kill the President of the United States."

Loosely based on a 1967 novel by Robert Merle, this eccentric 1973 sci-fi thriller starred George C. Scott as a scientist who trains dolphins to speak English while a radical group makes plans to kidnap the sea creatures and use them to blow up the presidential yacht. The movie won a Patsy Award for Alpha the dolphin as best animal actor, but the mammal movie star wasn't available to collect the prize in person. The day after their parts were finished shooting both Alpha and co-star Ginger escaped and never returned.

The Cove was a more realistic and unsettling dolphin movie. An indictment of dolphin hunting and trade methods, particularly the annual dolphin slaughter in Taiji, Wakayama, Japan, it won the 2010 Academy Award for best documentary feature. One of the experts featured in the film is Ric O'Barry, former dolphin trainer on the Flipper TV series. O'Barry switched from training the mammals to advocating for the restoration of freedom for all captive dolphins and whales after one of the Flipper sea "actors" died in his arms. "A dolphin's smile is the greatest deception," he says, "It creates the illusion that they're always happy."

A misunderstood smile

"A dolphin's smile is the greatest deception. It creates the illusion that they're always happy."

Ric O'Barry, former dolphin trainer on the Flipper TV series
O'Barry switched from training the mammals to advocating for their freedom.

metro AR **Morgan Freeman and Ashley Judd share the big screen in this sequel. Scan this photo with your Metro News app to see what Morgan Freeman has to say about making Dolphin Tale 2.** CONTRIBUTED

A scene from 1963's Flipper. CONTRIBUTED

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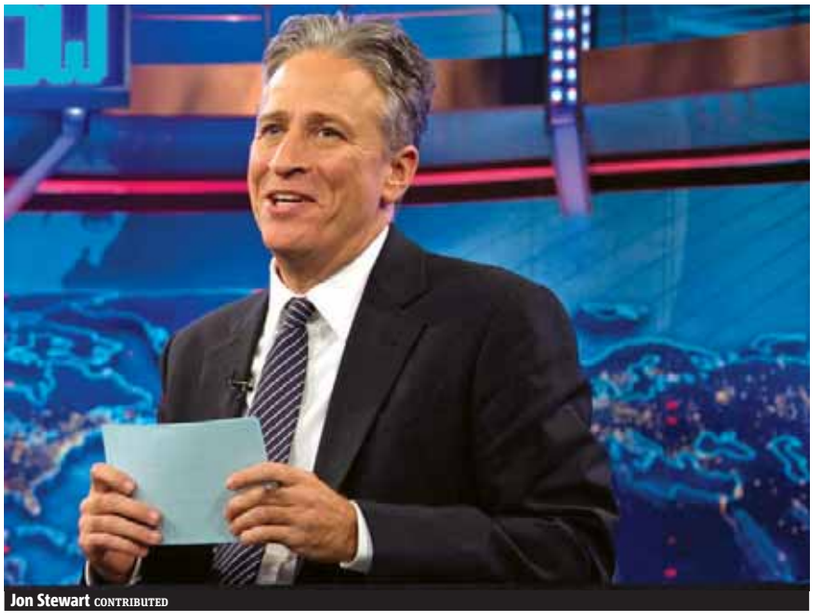
Daily Show host Jon Stewart ain't no Mr. Nice Guy



Jon Stewart CONTRIBUTED

Profile. Everyone's fave fake news dude isn't much of a mensch in real life, according to unauthorized bio

EMILY LAURENCE
Metro in New York

He's one of the most popular guys on TV and comes across as not only funny, but genuinely kind. But Lisa Rogak, who profiles Jon Stewart in her latest unauthorized biography, Angry Optimist: The Life And Times of Jon Stewart (out Sept. 9), says the TV personality has a side to him that would surprise fans.

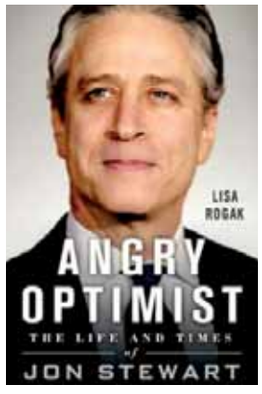
Rogak, who has written more than 40 books including biographies of President Barack Obama, Stephen King and Shel Silverstein, says Stewart could not be more different from Stephen Colbert, someone else she released a biography about.

"When I was working on (the Colbert book), everyone went out of their way to say he's a gentleman and a genuinely nice man," she says. "When I was doing the research on Jon Stewart, nobody used those terms."

It should be noted that Rogak never interviewed Stewart or visited the set of The Daily Show, but instead pulled information from articles and interviews about him and talked to some people who have worked with him or knew him growing up. And while she does point out some positive traits, the shock lies in the revelation that Stewart is bitter and a hermit.

"The angst of working on the set (was exposed) a few years ago, and in a response to that, a PR person at Comedy Central contacted Bark magazine to do a story on how staff members could bring their dogs to work. It was like, 'Let's just stop the attention from all the angst, inner conflict and bad boss stories,'" Rogak says.

Unlike many celebrities, Stewart hasn't been lured in by the Hollywood scene and is rarely seen at red carpet events or parties. While Stewart is presumably a happy family man, Rogak has her doubts about Stewart's wife, Tracey McShane. "I found one quote where she said she was anxious all the time," Rogak reports. "(Stewart) is angry all the time, but he believes everything will turn out for the better, and a part of that is his Jewish sensibility ... I think they both share a great, grand insecurity."



As for what she thinks is next for Stewart, Rogak predicts that it all depends on how the movie he directed, Rosewater, is perceived.

"It just seems like he is going through the motions (with The Daily Show) and not taking a lot of risks like he used to," she says. "I wouldn't be surprised if he were to announce he was leaving the show." You heard it here first.

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JLo decides to go it solo

Jennifer Lopez

Guys? Don't worry about Jennifer Lopez, even if she did just go through a breakup. She's going to go ahead and stay single for a while. "I'm just being on my own. I feel like I need that right now. I've been in relationships kind of back-to-back my whole life and I just needed time," Lopez tells Meredith Viera during an interview. "I need time to just chill and just know me and enjoy my kids and actually make time for other friends instead of just the relationship thing."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Prince Harry ALL PHOTOS: GETTY IMAGES

Life was a Bowles of fury for Harry's mama

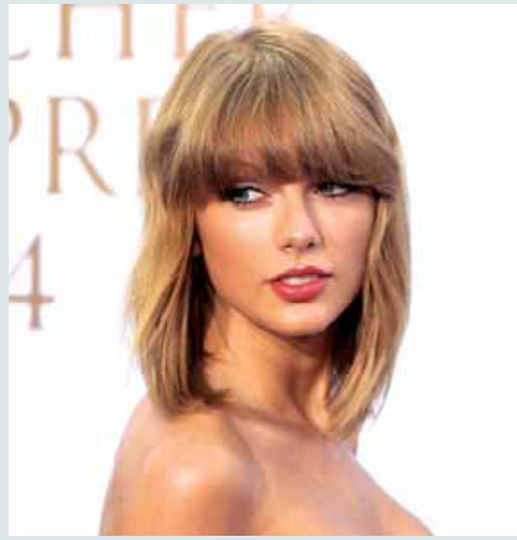
Maybe the People's Princess wasn't so lovely after all, if unauthorized tell-alls are any indication. According to a new book about Prince Harry written by Penny Junor, the spare heir's late mother, Princess Diana, had something of a dark streak when it came to dealing with her rivals.

Case in point: Diana was so consumed with jealousy toward Camilla Parker Bowles that she would call Bowles' country home and declare, "I've sent someone to kill you. They're outside in the garden. Look out of the window — can you see them?" That's some bold sauce, Di.

The Word

Swifty doesn't like drama... unless there's a song in it

NED EHRBAR
Metro in Hollywood



I suppose this counts as personal growth: Taylor Swift's songwriting has apparently progressed from being about ex-boyfriends to being about ex-friends. Or at least this one new song, Bad Blood, is. And with any Swift ditty, the real fun comes in trying to decipher the secret subject, Swiftian wordplay be damned. "For years, I was never sure if we were friends or not. She would come up to me at awards shows and say something and walk away, and I would think, 'Are we friends, or did she just give me the harshest insult of my life?'" Swift tells Rolling Stone. "(Then last year) she did something so horrible. I was like, 'Oh, we're just straight-up enemies.' And it wasn't even about a guy!" They are never ever, ever getting facials together, if I may. So if it wasn't about a boy, what was the last straw between Swift and her mystery frenemy? "It had to do with business. She basically tried to sabotage an entire arena tour. She tried to hire a bunch of people out from under me," Swift says. "You would not believe how much I hate conflict. So now I have to avoid her. It's awkward, and I don't like it." So I suppose if we want to figure out who she's singing about, watch which fellow singers she's not hanging out with.

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How-to

Pack a mini pharmacy kit

1. Two kinds of pain relievers: ibuprofen such as Advil and acetaminophen such as Tylenol. Combine these two for maximum pain relief.
2. Some kind of sinus congestion medicine and cold/flu tablets.
3. After-Bite, a topical ointment for minor cuts and alcohol-based wipes for disinfecting.
4. Anti-diarrhea medicine, an antacid for heartburn and anti-nausea medicine for motion sickness.
5. Rehydration salts such as Gastrolyte to replenish electrolytes lost from dehydration.
6. Various sizes of adhesive bandages and a throat lozenge or four. Check with your doctor before taking any medication. DOUG WALLACE/METRO

New

Drake Hotel to open in Prince Edward County, Ont.

The new Drake Devonshire has set up shop in a redone heritage building in Wellington in Prince Edward County, Ont. This all-season "Drake-by-the-Lake," designed with the help of +tongtong, has just 11 rooms and two suites. Highlights include a cantilevered dining room with a view, a Glass Box games room and outdoor pavilion, a permanent and rotating art collection, locally inspired and sourced cuisine, plus a ton of local wine (of course). Resos are now being accepted from October 1. From $230.
Visit drakedevonshire.ca. DOUG WALLACE/METRO

Trend

Smart suitcase tags

It's only a matter of time before we all have luggage that knows where it lives, thanks to digital baggage tags. Brands at the forefront of this trend include ReboundTAG and SuperSmartTags, both of which operate with a similar way, where a scanned barcode connects you to the problem via text or email, or provides itinerary info so your bag can be rerouted to wherever you are, rather than to your home. Delta Airlines, British Airways and Qantas are all flirting with this trend, either via specific phone apps or tags. No more scribbling your address on those little paper tags at the check-in counter.
DOUG WALLACE/METRO

Five films sure to spark your wanderlust

ON THE MOVE
Loren Christie
life@metronews.ca

There are so many great movies that inspire people to travel. Admittedly my favourites may not be critically acclaimed, so I asked Metro's film critic, Richard Crouse, to weigh in on my top picks.

The Talented Mr. Ripley
This film showcases Italy from the stunning villages of the Amalfi coast to the streets of Rome and the canals of Venice. Apart from getting murdered in a rowboat, you want to live the ex-pat life of Jude Law's playboy character. Richard says, "Four stars. Much of the glamour in this smart and thrilling movie comes from the magnetic performances of Jude Law and Matt Damon."

Thelma and Louise
Who doesn't want to pack up the car and head out on an all-American road trip after watching Thelma and Louise? OK, maybe blowing up a rig and driving off a cliff are bad choices, but picking up a hitchhiking Brad Pitt can only be considered a trip highlight. Richard says, "Four-and-a-half stars. Called a neo-feminist road movie, this Susan Sarandon-Geena Davis film isn't just a look at the back roads of America, it reinvented the buddy picture."

Blue Crush
This movie may be aimed at teens, but the surfing shots and lush scenery in Blue Crush will have everyone planning a trip to Hawaii. For better or worse, it also provides some insight into what your hotel service staff may be doing with their free time! Richard says, "Three stars. The story of three Hawaiian wahinis who have crappy day jobs to pay the rent and support their surfing addiction plays more like a travelogue with dialogue than a drama."

Chocolat
Chocolat was filmed in France's Dordogne region and a medieval village in Burgundy. This movie does a great job showcasing these lesser-known and stunning areas of the country. It also makes you realize the futility of trying to diet while on holiday. Richard says, "Four stars. Chocolat is a comic story with a bittersweet edge."

The Motorcycle Diaries will make you want to strike out on your own South American adventure. CONTRIBUTED

The Motorcycle Diaries
The Motorcycle Diaries covers a 12,000-kilometre trip by motorcycle, raft, truck and foot from Argentina to Peru, undertaken in 1952 by Ernesto "Che" Guevara de la Serna. Richard says, "Four stars. A political road trip that relies on its star, Gael Garcia Bernal, and the scenery for much of its appeal."

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Carefree Colombia

That worried expression people get when you mention the name Colombia is becoming an outdated attitude. This richly diverse and historic country is making a surging comeback after decades of political conflict and drug-related violence. Here are experiences in two incredible cities that show why Colombia could become your new favourite Latin American destination.

PHOTOS AND TEXT: JASON KELLER
life@metronews.ca

Cartagena

Sites

The heart of Cartagena lies within the Castillo San Felipe de Barajas, a castle centrally located with gorgeous panoramic views of the city. More than 400 years old, this Spanish-built fortress will be familiar to film buffs who remember the final scenes from Romancing the Stone.

Places to Stay

Some visitors will prefer to stay in one of many small boutique hotels in the Old City, but others who prefer a little distance from the nighttime action will find some solitude and luxury at the five-star Hotel Las Americas. This resort hotel right on the beach boasts infinity pools and fine dining and is only a five-dollar cab ride from the Old City. A small price to pay for serenity.

metro AR **Need to see more? Scan your Metro News app to see a gallery of images showcasing the best of what Colombia's cities have to offer.**

Bogota

Sites

The main airport in Bogota is called El Dorado, and after you visit the must-see Gold Museum downtown you'll understand why. No other museum in the world boasts such a varied and precious collection of gold artifacts. There are three floors of mesmerizing gold history, including the famous Muisca raft, a piece dated to between AD 600 and 1600 and considered a key to the El Dorado legend.

Activities

Get to know Bogota's spiritual essence and history with a trip up the cable car on Monserrate, a site of religious pilgrimage that's attended by thousands every Sunday. There's a splendid cathedral atop the mountain and many tourist concessions such as the Casa Santa Clara Restaurant where you can take in breathtaking views alongside traditional Colombian cuisine.

Bogota's size can be a little overwhelming, but the city pulses with energy.

Places to Stay

The AR Hotel Salitre is a hip, modern and luxurious spot frequented by Bogota's young movers and shakers. Clink cocktails of guanabana juice and vodka with Bogota's fashionable business class as live music fills the lobby.

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Take these career tips into account

A friend in finance.
Skills all aspiring accountants should count on perfecting

RIANA TOPAN
TalentEgg.ca

Planning your career or considering a career move into accounting?

Identifying the skills that lead to success in the field will not only increase your job satisfaction, but also make it easier for you to build towards your long-term career goals.

Organization

Accountants are important people. They have a lot of responsibility, which means that they generally stay pretty busy.

To be a good accountant you need to have a system to keep track of those responsibilities — such as any portfolios you manage, the transactions you handle, and any important dates and deadlines you need to meet — to ensure that you fulfill all of your duties to the best of your ability.

You can make use of tools like calendars, alphabetized folders, day planners, colour-coded Post-it notes and highlighters, and apps and programs designed to help you stay highly organized in the short- and long-term.

Tip: Not sure where to start? Try creating a study schedule for each of your classes, using a day planner for your daily to-do list and starting a filing system for your notes.

Time management

Good time-management skills go hand-in-hand in with strong organizational capabilities.

The ability to work within deadlines and to continually re-prioritize your to-do list will take you far. Not only will it impress your boss, co-workers and clients, it will also help you to maintain a healthy work-life balance and keep your day-to-day productive.

Tip: Give yourself blocks of time to complete certain tasks. Got an exam coming up? Allocate four or five 2-3 hour windows to get your studying done, and make a list of what you want to accomplish during each study session.

Adaptability

The accounting industry is highly dynamic, so accountants who are able to adapt quickly and easily are at a distinct advantage.

In addition to being able to provide better services to their clients, adaptable individuals are more likely to learn and grow in their careers because they see each new challenge as an opportunity to learn and test their skills.

On a related note, it's also great to be proactive. Although it takes a bit of extra effort to be informed about changes as they happen, it definitely pays off: It will keep you on the cutting edge of the industry, earn you the respect of your peers and ensure that others look to you when planning ahead.

Tip: Next time something unexpected happens, look for the opportunity in the situation. Focus on the strengths that everyone brings to that group and use the situation as practice for navigating workplace challenges.

TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND ONLINE CAREER RESOURCE FOR COLLEGE AND UNIVERSITY STUDENTS AND RECENT GRADUATES.

Openness

Integrity is highly valued in the accounting world.

• Accountants – and the firms they work for – pride themselves on adhering to the highest ethical standards. Being transparent when making decisions and giving advice has the added benefit of improving your working relationships. It will make teamwork easier and will help you foster an environment that is respectful and collaborative.

• Tip: Ask yourself the following questions: What are my reasons for coming to this decision? Who will benefit from this? Who stands to lose? What is the short- and long-term impact of this choice? Be honest with yourself about your motives for making particular choices and see what you learn.

The top players in accounting are generally known for being visionary — for making decisions that also involve a bit of creativity. ISTOCK

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C is for corporate, that wasn't good enough for her

Of cookies and co-hosting. Carla Hall dishes on how to make all your career dreams come true

LAKSHMI GANDHI
Metro World News

It was a total leap of faith that led Carla Hall down an unconventional career path that took her from a steady job in accounting to being a co-host of the popular daytime talk show The Chew.

After graduating from Howard University with a degree in accounting, Hall landed a job as a CPA at PriceWaterHouseCoopers in Tampa, Fla. Things were going fairly well until she had a light bulb moment while working with a more senior colleague on an audit.

Trust and take off

"The timing will never be right. You really have to take a leap of faith."
Carla Hall

"I looked at the accountant working next to me and he was folding the receipts very carefully so that the edges matched up perfectly," says Hall.

"And I just thought, 'That can't be me at 40.' I was so anxious that two weeks later I quit."

Making the jump

Having been a model since her college days, she began networking and planning her next move. "I met these girls who were going to France," she explains. Hall eventually decided to join them. In preparation, she started taking French lessons from the wife of a former colleague and then, armed with one telephone number, she boarded a transatlantic flight.

Figure out what you really want

It was in France that Hall discovered her love of food. "I was just looking for signs to follow my passion," Hall says. "I sort of fell into food."

Teach yourself the skills you don't have

Because she didn't have any formal training at that point, Hall figured out the basics of cooking on her own. "I was self-taught," she says. "I was reading cookbooks. I was very much like this generation in that the lesson was tenacity."

After returning to the U.S. from France, Hall launched her own lunch delivery service.

"I started it as a fluke," she says. "I made a friend lunch one day and brought it to their office and they liked it so much that they said, 'You should make lunch for me every day.'" And so her business, the Lunch Bunch, was born. "I went door-to-door with sandwiches and soups," she recalls. "I did that for five years before I went to culinary school."

There is no such thing as perfect timing

It's important, says Hall, not to talk yourself out of changing your path once you've made a decision to follow your dream. "If you try to plan, you'll never do it," she points out. "The timing will never be right. You really have to take a leap of faith."

Stick with it if you really want it

"I didn't know how to wrap my sandwiches when I got started," says Hall. "I worked seven days a week. You have to prepare yourself mentally, because it is a free fall."

Chef and television personality, Carla Hall. PROVIDED

The cookies

Hall first came up with the concept of her Petite Cookies during her days as a caterer.

- **"The cookies started off kind of as a joke," she says.** "People tend to break off a piece or a half of a cookie and then no one takes the other half. So I started to do these cookies that were so small that no one would break them." The mini cookies were such a hit that customers began requesting them.

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metro

OTTAWA FOLK FEST

Wednesday, September 10, 2014

Lorde will be perform Thursday at 8 p.m. on the Eh! Stage at this year's Folk Fest. GETTY IMAGES

Big names, 20 years later

Headliners. The Ottawa Folk Fest marks its 20th anniversary boasting a bigger-than-ever lineup

STEVE COLLINS
For Metro

With the Ottawa Folk Festival hitting the big 2-0 this year, executive artistic director Mark Monahan wanted to make sure he invited guests who would make the celebration one to remember.

"We're definitely focused on bringing in a current musical lineup, people like Lorde, J. Cole, The National, War On Drugs, Foster The People. These are all popular bands with a current crowd that are doing things right now," Monahan said.

"Lorde is probably the biggest name we have this year in terms of headliners, so definitely we stepped up to the plate with that."

Of course, these chart toppers are just one part of the Folk Fest equation.

"There's a bunch of bands that I would argue are kind of the new age of folk music, bands like Hurray for the Riff Raff, The Lone Bellow, Dear Rouge, Elephant Revival, Wooden Sky," he said. "These are all kind of carrying the banner for a new age of folk music. The Bros. Landreth is another one. These are breathing new life, in my opinion, into the genre."

Festival dates

The Ottawa Folk Festival runs through Sunday at Hog's Back Park. Visit ottawafolk.com.

"It's great to be able to bring in some of these younger artists who aren't doing typical Top 40 music. They're not trying to be rock stars — maybe some of them are — but they're really putting a lot into their music, creating new music, exciting and original."

World tour. Joss Stone connects with charities

English soul singer Joss Stone has pledged to play a show in every country, a goal she admits she is still far from reaching.

"There are only about 45 countries that are easy to play for a touring musician with the type of music I make, so there are a whole lot of places I haven't been," she said.

Her latest tour, the Total World Tour, has certainly brought her closer to achieving that goal though. It has seen Stone perform in dozens of countries, including Lebanon, Morocco, Dubai, Columbia, and Slovakia.

Though there are major cultural differences from place to place, Stone says music fans tend to speak the same language.

"It's crazy that I can be so far from home and the only reason is because I make a noise that people happen to like. The only reason I'm there is because of music and sound and art, that's it. That is, in my opinion, the purest form of communication. You don't have to learn a language to understand music."

Throughout the tour, Stone has met and collaborated with local musicians and has taken the time to learn about some important regional issues.

"It might be a charity or it might just be a good cause but we take the time to go and visit them and find out what they're doing because I believe people are good and I would like to kind of prove that to myself and to other people," she said.

"In doing that, it kind of gives you a little faith in humanity and takes you away from the venue, away from the gig into the lives of the people in these places and the way that they live, not just from a touring perspective."

After a nearly six-month run, the Total World Tour wraps up with a show in Toronto on Sept. 15, but that doesn't mean Stone will get any down time. The singer intends to complete her new album before the end of the year so, she admits, she has a lot of work to do.

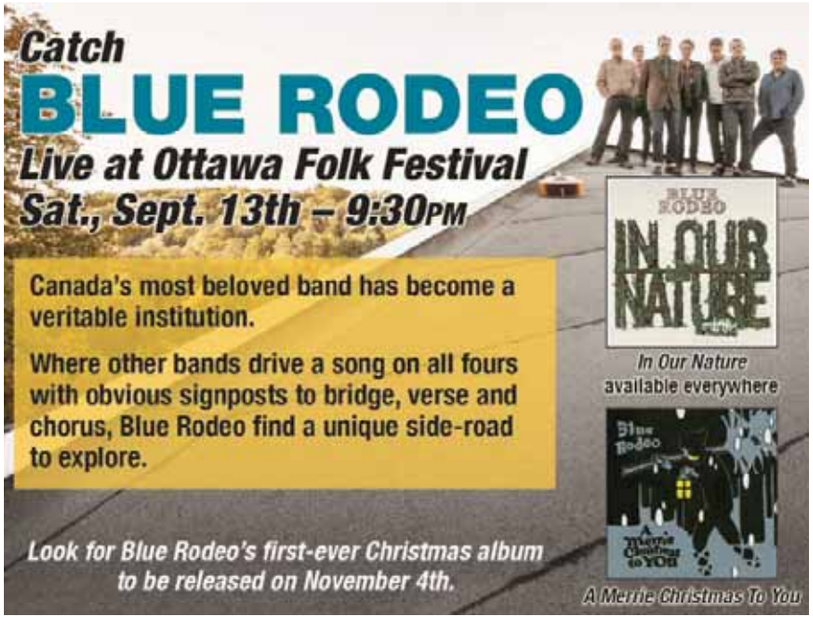
JEN TRAPLIN/FOR METRO

Singer Joss Stone will perform Sunday at 8 p.m. on the RavenLaw Stage at Folk Fest. GETTY IMAGES

Quoted

"It might be a charity or it might just be a good cause but we take the time to go and visit them and find out what they're doing because I believe people are good and I would like to kind of prove that to myself and to other people."

Joss Stone
On connecting with people on the ground in the cities where she performs.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A Merrie Christmas To You

What to expect at Folk Fest

Metro spoke with a few performers ahead of Ottawa's Folk Fest. Here's what those in the spotlight had to say. For a full list of show times and events, visit ottawafolk.com.

Serena Ryder

Serena Ryder CONTRIBUTED

"The more I think I know about the process of writing music, the more I realize that I hardly know anything," admits humble singer-guitarist Serena Ryder about her craft. "I have to keep my brain out of it. If I don't, it messes everything up."

Revered for her inimitable amalgam of diverse genres such as country, blues, classical, jazz, folk, and R&B into a solid rock foundation, this Toronto native's zeal for authenticity commingling with contrasting musical styles has yielded no less than five acclaimed albums, the most recent being 2012 Juno award-winning effort Harmony (EMI).

She revealed her set at this week's Folk Fest will feature "more dynamics rock-wise," and "different versions of songs, which I've never done before." Ryder is holding her cards close. There's absolutely zero insight into when we may hear a full-fledged successor to Harmony.

KEITH CARMAN/FOR METRO

Coeur de Pirate

Béatrice Martin
COURTESY CLARA PALARDY

Since the release of her 2008 self-titled debut album, Quebec singer-songwriter Béatrice Martin, better known by her stage name Coeur de Pirate, has been establishing herself as one of the country's leading francophone artists.

Coeur de Pirate earned the young singer a Juno award nomination for francophone album of the year. Her music has taken her across North America and Europe, but Martin admits, life is a bit different now — not only is she recently married, she is also a new mom, meaning things require a lot more planning these days.

"It's definitely been challenging, but it's given me a lot more structure in my life, which is amazing. I used to be way more impulsive when it came to choosing where to go and what to do," she said. Martin also admits she is excited to perform her first-ever appearance at the Ottawa Folk Festival.

JEN TRAPLIN/FOR METRO

Ed Kowalczyk

Ed Kowalczyk
COURTESY DOUGLAS SONDERS

"Time flies when you're having fun, no kidding," said Ed Kowalczyk, who has spent much of the year touring to mark the 20th anniversary of Throwing Copper, the platinum-selling album he wrote with ex-bandmates in Live.

"It's incredible to think it's been that long since that record came out. And the music still feels really fresh, which is even more of a mind-bender."

He has since made two solo records and an EP, but revisited the album by playing it live in its entirety. "I'd never really done that before," he said.

Kowalczyk will perform acoustic versions of songs from Live and his solo career, accompanied by guitarist Zack Loy. "It's really a window for people to see my creative process, where the songs come from, but as well the strength that the lyrics and melody have when they're stripped down like that."

STEVE COLLINS/FOR METRO

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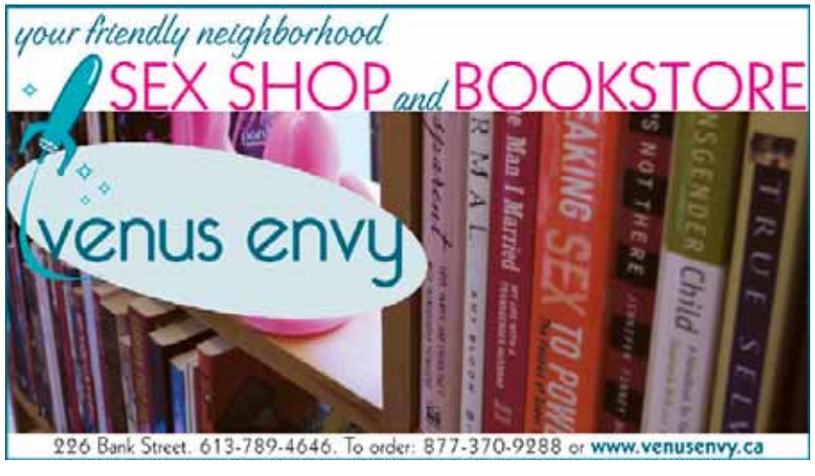
Highlights. Craft Beer House, food truck rally new at Folk Fest

Beer. Beau's (Lug-Tread Lagered Ale, Night-Marzen Oktoberfest Lager, Nordic Pale Ale, Tom Green Beer, (sample tent) Brew Donkey (sample tent), Broadhead (Farmer's Daughter Blonde Ale, Class V IPA) Creemore (Premium Lager, Traditional Pilsner), Covered Bridge (sample tent), Dominion (sample tent), Granville Island (English bay Pale Ale), Grolsch (Grolsch Premium Lager), Molson (Molson Canadian Lager), Mill Street (Original Organic Lager, 100th Meridian Organic Amber Lager, Tankhouse Ale), Rickard's (Rickard's Red Irish-Style Ale, Rickard's White Belgium Style Wheat Ale), and Whitewater (sample tent).

Food. Ottawa Street Gourmet (duck confit burgers, brie and plum grilled cheese); Urban Cowboy (Texan cuisine); Ad Mare (seafood); Dosa Inc. (South Indian food); Red Roaster (rotisserie chicken, plus roasted pork and beef); and Angry Dragonz (Asian).

Music. Wednesday: TIMECODE; Thursday-Friday: Cape Breton Embassy Party (COIG, Chrissy Crowley, Sprag Session); Saturday: GNAG Dance Session, The Little Ditties, Fred Penner, The Wicked Mercies, Parsonsfield, The Mellotones; Sunday: The Little Ditties, Spencer Scharf, The Bros. Landreth.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SEPT. 11

LORDE • SERENA RYDER • DAILEY & VINCENT
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CHRISSY CROWLEY • SPRAG SESSION
LUCKY RON • JILL ZMUD

SEPT. 12

THE NATIONAL • J.COLE • THE WIGGLES
WAKE OWL • BLACK PRAIRIE • HIGH WATERS
NQ ARBUCKLE • PONY GIRL • THE PEPTIDES
LEE FIELDS & THE EXPRESSIONS

SEPT. 13

NEUTRAL MILK HOTEL • BLUE RODEO
ED KOWALCZYK (FORMERLY OF LIVE) • THE WICKED MERCY
THE DEVIN CUDDY BAND • SEASICK STEVE
FRED PENNER • SIMON TOWNSHEND
ADAM COHEN • THE STRUMBELLAS
YOUNG & SICK • ELEPHANT REVIVAL
LORA BIDNER • MADE NOON • PARSONSFIELD
SATURNFLY • THE MELLOTONES

SEPT. 14

JOSS STONE • THE GASLIGHT ANTHEM
THE WAR ON DRUGS • COEUR DE PIRATE
ASLEEP AT THE WHEEL • SUN KIL MOON
THE LONE BELLOW • THE WOODEN SKY
THE BROS. LANDRETH • BOBBY BAZINI
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Snack. Superfood Cereal and Quinoa Bars

This recipe makes 12 bars. EMILY RICHARDS

These crunchy, nutty bars give you another way to use up your favourite superfood cereal mixes.

By creating your own pumpkin honey butter, you can take them to school or work without worrying about nuts.

And if you're not a granola bar fan, simply break up the bars and enjoy them with yogurt and fruit!

1. In a large nonstick skillet over medium heat, toast oats and quinoa, stirring often for about 5 minutes or until fragrant. Place in a large bowl and stir in cereal and cinnamon; set aside.

2. In a small blender or food chopper, combine pumpkin seeds with oil and purée until smooth. Add honey and whirl until well combined. Scrape over top of oat mixture and stir to combine well.

3. Scrape mixture into an 8-inch (1.5 l) square baking pan lined with parchment. Bake in preheated 325 F (170 C) oven for about 20 minutes or until golden brown. Let cool completely before cutting into bars. EMILY RICHARDS

Ingredients

- 1 1/2 cups (375 ml) large flake rolled oats
- 1/2 cup (125 ml) quinoa, rinsed
- 1/4 cup (60 ml) chia, buckwheat and hemp cereal (such as Qi'a)
- 3/4 tsp (4 ml) ground cinnamon or cardamom
- 1/3 cup (75 ml) pumpkin seeds
- 3 tbsp (45 ml) canola oil
- 1/2 cup (125 ml) liquid honey

Pizza gets stuffed into a bun

Inspired Lunches Week. Mozzarella and other pie staples make an appearance in a veggie sandwich

DINNER EXPRESS
Emily Richards
food@metronews.ca

Looking to change up lunch while still having some fun?

Take a little bit of the extraordinary (buffalo mozzarella) and combine it with something new and different (veggie pepperoni)! With sun-dried tomatoes and a few other ingredients, your lunchbox sandwich can jump with flavour.

This recipe makes six servings. EMILY RICHARDS

Ingredients

- 1 buffalo or fresh mozzarella ball (250 g), drained
- 2 oz (60 g) vegetarian pepperoni or bologna
- 2 tbsp (30 ml) finely chopped drained sun-dried tomatoes in oil
- 1 tbsp (15 ml) chopped fresh Italian parsley
- 1 small clove garlic, minced
- 1 tsp (5 ml) dried oregano
- 1/4 tsp (1 ml) salt
- Pinch hot pepper flakes
- 2 tbsp (30 ml) extra virgin olive oil
- 1 tbsp (15 ml) sherry vinegar
- 4 small soft round buns, halved
- 2 tbsp (30 ml) pesto
- 1 small tomato, sliced (optional)
- 4 leaf lettuce leaves

Make this ahead and keep it in the refrigerator for up to two days. As it sits, the cheese absorbs more of the delicious herb and tomato flavour.

1. Chop mozzarella into bite-size pieces and place in large bowl. Dice pepperoni and add to cheese.

2 Stir in tomatoes, parsley, garlic, oregano, salt and hot pepper flakes until combined. Drizzle oil and vinegar over top to coat and toss lightly.

3. Remove some of the inside crumb of the bottom half of the bun. Spread with pesto. Spoon in the cheese mixture. Top with lettuce, tomato, if using and top bun.

FLASH FOOD

From your fridge to your table in about 30 minutes or less

A bit of crunch, a lot of health

This Walnut and Broccoli Superblend Salad serves four. THE CANADIAN PRESS

1. In saucepan, combine water, buckwheat and quinoa and bring to boil. Reduce to a simmer, cover and cook 15 minutes. Remove from heat, fluff with a fork and let cool.

2. Heat sauté pan over medium heat and place walnuts in pan. Stir frequently until walnuts are fragrant and toasted. Remove from heat, let cool slightly and coarsely chop. Set aside.

3. In a large bowl, place completely cooled grains, broccoli, walnuts, cranberries and red onion. In a small bowl, whisk together honey, vinegar, oil, garlic and salt, if using. Toss with vegetable mixture and serve.

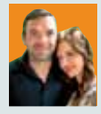
THE CANADIAN PRESS/GRAIN POWER: OVER 100 DELICIOUS GLUTEN-FREE ANCIENT GRAIN & SUPERBLEND RECIPES BY PATRICIA GREEN AND CAROLYN HEMMING (PENGUIN CANADA).

Ingredients

- 325 ml (1 1/3 cups) water
- 75 ml (1/3 cup) buckwheat groats
- 75 ml (1/3 cup) quinoa seeds
- 125 ml (1/2 cup) walnuts
- 750 ml (3 cups) broccoli pieces (broccoli florets and peeled and diced stalk)
- 75 ml (1/3 cup) dried sweetened cranberries
- 75 ml (1/3 cup) finely diced red onion
- 50 ml (1/4 cup) liquid honey or pure maple syrup
- 50 ml (1/4 cup) red wine vinegar
- 30 ml (2 tbsp) olive or walnut oil
- 2 ml (1/2 tsp) minced garlic
- Pinch salt (optional)

Food around the world

Belize (Vegan rating: 4.5/10)



MEAT AND VEG
meatandvegontheroad.tumblr.com
Photos: Suzi Staheli
Words: Eoin Weldon

Meat, a contented carnivorous writer, documents his and his vegan fiancée Veg's dietary journey as they travel and munch their way across four continents.

Veg: Made in our rented apartment, this average meal of steamed rice with assorted vegetables and beans was as good as it got for Veg on the island of Caye Caulker. The variety of vegetables was frustratingly slim. Some rare Chinese greens were wilted in soy sauce and cooked with onions, garlic, tomatoes and chickpeas before coconut cream was added on the side.

Meat: Equally average was my only meal out on the island at the Rainbow Grill & Bar. I ordered a prawn burrito accompanied by fries and coleslaw. All only managed to achieve mediocrity. The prawns were overcooked, the fries were cold and the meal was forgotten as soon as the last bite was swallowed.

Hawks fallout

Ferry still GM after Deng comments

The Atlanta Hawks are sticking with general manager Danny Ferry, even though the team's new majority owner wants him fired for racially charged comments about Luol Deng.

CEO Steve Koonin on Tuesday told the Hawks' flagship radio station that he made the decision to discipline Ferry, but allowed him to keep his job. He did not say what the punishment was, but noted that he relied on a law firm's three-month investigation of Ferry and him, describing Deng as someone who "has a little African in him."

Ferry made the inflammatory comments about Deng in a conference call with the Hawks' ownership group, when the team pursued Deng as a free agent.

Danny Ferry
GETTY IMAGES

Deng responded saying, "I'm proud to say I actually have a lot of African in me, not just 'a little.'"

A letter from co-owner Michael Gearon Jr. recommends that Ferry be fired. Gearon said Ferry made that description of Deng to the team's ownership.

His June 12 letter to co-owner Bruce Levenson said Ferry went on to say, "Not in a bad way, but he's like a guy who would have a nice store out front and sell you counterfeit stuff out of the back."

Added Gearon: "Ferry completed the racial slur by describing the player (and impliedly all persons of African descent) as a two-faced liar and cheat."

THE ASSOCIATED PRESS

U.S. speeds up to top Slovenia in 2nd half

FIBA World Cup. Thompson and Harden give Americans big enough boost for semifinal berth

Kenneth Faried of Team USA dunks against Slovenia during the FIBA World Cup quarter-final match on Tuesday in Barcelona. Scan the image with your Metro News app for a gallery of more action from Spain.
DAVID RAMOS/GETTY IMAGES

James Harden and Stephen Curry went into halftime with no points and no panic.

"We just stick to the program. We know it's tough for any team to run with us for 40 minutes because of how deep we are and how hard we work on the floor," Curry said.

"I think we understand we didn't make many shots in the first half but our defence was pretty solid and if we kept the pressure on them, things would open up."

They did, quickly.

Klay Thompson scored 20 points and Harden had 12 of his 14 in the third quarter, helping the U.S. turn a close game into a 119-76 rout of Slovenia on Tuesday in the quarter-finals of the World Cup in Spain.

Kenneth Faried added 14 points and 10 rebounds for the U.S., who will play Lithuania on Thursday in Barcelona for a spot in Sunday's gold-medal game in Madrid. Lithuania beat Turkey 73-61 earlier Tuesday.

The U.S. led 49-42 at halftime despite shooting just 36 per cent, with Harden and Curry combining to miss all 12 shots.

"I said, 'I don't think that'll happen in the second half' and it didn't," U.S. coach Mike Krzyzewski said.

Goran Dragic of the Phoenix Suns led Slovenia with 13 points.

"We prepare but it's easy to prepare on the paper," Slovenia coach Zdovic Jure said. "Definitely they were so athletic, they were more aggressive (in the) second half and actually they punish every mistake."

The U.S. led by only five points early in the third quarter before tearing off a 27-10 run. That made it 76-54 with about two minutes left in the period, and the game turned lopsided after the Americans scored the first 10 points of the fourth quarter to lead 96-64.

"I thought we played really hard the whole game and we just couldn't finish in the first half," Krzyzewski said. "And then the floodgates opened in the second half."

So the scoreboard ended up looking much like the Americans' 101-71 exhibition rout the week the tournament opened, when they had huge advantages in points in the paint and at the free-throw line.

THE ASSOCIATED PRESS

Coming up Roses

"Coach K gave me the green light to be aggressive and play my type of game."

With Stephen Curry in foul trouble, Derrick Rose got some extra playing time to get his shot going after struggling badly in the tournament. It's the Chicago Bulls star's first action after missing most of the last two seasons following a pair of knee operations.

Was Lulay's last stand at TD Place?

QB Travis Lulay hurt his throwing shoulder in the Lions' 7-5 win over the Redblacks on Friday at TD Place Stadium. GETTY IMAGES

Travis Lulay isn't giving up on the CFL season just yet.

The B.C. Lions' quarterback says he will make a decision in the next couple of weeks on whether to have surgery on his right throwing shoulder, which he re-injured in Friday night's 7-5 win over the Ottawa Redblacks.

If surgery isn't needed, Lulay believes he could play again this year.

"That's a possibility," Lulay told reporters Tuesday at the Lions' practice facility in Surrey, B.C. "We just don't know enough quite yet.

"As far as options go, that is one of the options, not to have the surgery and see how it responds."

If surgery is needed, that would finish Lulay for the year.

"If it were to look like surgery is the best thing to do, we'd decide exactly how to do it and move forward," he said.

An MRI Monday confirmed the CFL's 2011 MVP had suffered a dislocated shoulder. The Lions placed Lulay on the six-game injured.

Lulay underwent off-season surgery on the same shoulder, which resulted in him starting the year on the six-game injured list. He finally returned to the lineup in Week 8 against Toronto and made his first start against Ottawa.

The shoulder was hurt again when Lulay ended up at the bottom of a pile while trying to recover a loose ball late in the fourth quarter of the win over Ottawa.

"I knew it went right away," Lulay said. "That's the cruel nature of our sport."

THE CANADIAN PRESS

Pivotal injuries

The Grey Cup champions have lost their quarterback for the rest of the regular season and his status for the CFL playoffs is also in question.

- Saskatchewan's Darian Durant is expected to miss the rest of the Roughriders' season with a torn tendon in his right elbow.
- "Realistically his regular season is probably done," said GM Brendan Taman. "Whether or not we can get him back for the playoffs, we'll see."

4 SPORTS

Once a fan favourite in Baltimore, Ray Rice is being shunned after an explicit video surfaced showing him striking his then-fiancée in an elevator. GETTY IMAGES FILE

Ravens and fans moving past Rice

Elevator attack. Team giving inexperienced players a shot at RB while fans have options in exchanging No. 27 jersey

Welcome to Baltimore — no longer the football home of Ray Rice.

Restaurants are offering free pizza in exchange for Rice jerseys, several fans are saying good riddance to the scorned running back and on the field the Ravens are turning to unproven players to fill the void.

Quoted

"Really, my heart just goes out to him and his family. As far as us, we've got a big game this week." Ravens QB Joe Flacco

Since an explicit video surfaced showing Rice striking his then-fiancée in an elevator, Ravens fans have been getting rid of their No. 27 jerseys.

The Ravens said on Twitter that they're planning to offer an exchange for Rice jerseys, and several stores are clearing their shelves of Rice memorabilia that once was a bestseller. One local tavern offered a $10 bar tab in exchange for a Rice jersey.

Once a fan favourite in Charm City, Rice is now a pariah.

"He got what he deserved," 49-year-old Baltimore native Kim Hufman said Tuesday. "I have his jersey, it's the only Ravens jersey I have, and I'll never wear it again."

The Ravens are also moving on without Rice.

With him gone, the top three running backs on the depth chart have a combined two NFL starts since 2010.

Baltimore entered the season thinking it would be without Rice for only two games, the length of his original suspension by the NFL for domestic violence.

Now that he's not coming back, the Ravens are focusing on playing the entire season without the three-time Pro Bowler and franchise leader in yards from scrimmage.

"We lost one of our best players here, and he was a great Raven," said wide receiver Torrey Smith. "It feels weird to even say that. It's way worse for him than it is for us. We just have to get ready for the next one." THE ASSOCIATED PRESS

Reliving fight a 'horrible thing': Wife

Ray Rice's wife says taking away football from her husband is horrific and making the couple relive a moment they regret is a "horrible thing."

Janay Palmer posted a statement Tuesday on her Instagram account, a day after TMZ Sports released video showing the couple on Feb. 15 in an Atlantic City casino elevator. Each hits the other before Rice knocks Palmer off her feet and into a railing, knocking her out.

The Ravens released Rice hours after the video was released Monday and the NFL suspended him indefinitely.

Palmer wrote she awoke feeling as if she had a nightmare and accepting reality is "a nightmare in itself." She also wrote that this is their life and they will continue to show "what real love is!"
THE ASSOCIATED PRESS

Janay Palmer and Ray Rice GETTY IMAGES FILE

Davis Cup. Raonic 'hungry' to compete for his country once again

Canada's top men's tennis player says he's physically ready for this weekend's crucial Davis Cup playoff against Colombia following a taxing run at the U.S. Open.

Milos Raonic, who is the No. 7-ranked singles player in the world, is expected to lead Canada's push to remain part of the elite World Group beginning Friday in Halifax.

Raonic will take to the court after his fourth-round exit last week in New York, losing a four-hour-and-19-minute match in oppressive heat to tournament finalist Kei Nishikori of Japan.

"The body's good — I'm just hungry to get back into competing," Raonic said at a news conference on Tuesday.

Injuries to Raonic and teammate Vasek Pospisil contributed to Canada's 4-1 loss in February's first-round tie with Japan, but Raonic said a lot has changed since the last time he wore the country's colours in competition.

"I've been able to keep getting better ... and I just look forward to using this and ending the year on as strong a note as possible," he said.
THE CANADIAN PRESS

Milos Raonic answers questions during a press conference in Halifax on Tuesday. JEFF HARPER/METRO

Michael Schumacher. F1 great transferred home to continue recovery

Former Formula One champion Michael Schumacher has left a Swiss hospital and will continue his recovery at home, his manager said Tuesday.

The seven-time F1 champion suffered a serious head injury while skiing in France at the end of December.

"Considering the severe injuries he suffered, progress has been made in the past weeks and months," his manager, Sabine Kehm, said in a statement. "There is still, however, a long and difficult road ahead."

Schumacher was transferred to a hospital in Lausanne in June, after six months at a hospital in France. Kehm said he was now at his home in Gland, near Geneva, without specifying when the move happened or giving details about his current condition.
THE ASSOCIATED PRESS

Skiing accident

Schumacher hit the right side of his head on a rock while skiing, cracking his helmet. Doctors operated to remove blood clots from his brain, but some were left because they were too deeply embedded.

'Definitive agreement'

Pegulas emerge as party to buy Bills

Ralph Wilson's legacy to keep the Bills in Buffalo will be preserved after NHL Sabres owner Terry and Kim Pegula reached what was called "a definitive agreement" to purchase the NFL franchise on Tuesday.

Though the Bills were valued at $935 million, the sale price was expected to exceed $1 billion. THE ASSOCIATED PRESS

Under centre

No QB controversy here: Rams coach

Rams coach Jeff Fisher emphasized that quarterback Shaun Hill is still the St. Louis starter, dismissing speculation about why he yanked him at halftime of the team's season-opening blowout loss to Minnesota.

Fisher said Hill could still start this week at Tampa Bay, but is day to day with a left quadriceps injury. THE ASSOCIATED PRESS

2015 Audi A3

- **Type:** Front- or all-wheel-drive compact sedan
- **Engines:** 1.8-litre turbocharged four-cylinder (170 hp); 2.0-litre turbocharged four-cylinder (220 hp)
- **Transmission:** Six-speed automatic
- **Base price:** $31,100 (plus destination)

Market position

The A3 will appeal to those who want luxury with smaller-car fuel efficiency, as a lower price point into the brand, or as a second car to the bigger Audi already in the driveway.

Points

- The tight turning radius, combined with the compact footprint, makes it easy to park or manoeuvre.
- The controls for the infotainment system look daunting at first, but turn out to be easy once you figure out their functions.
- Although it's new to Canada, the A3 has been sold in Europe since 1996, and this is the third generation.

To help maximize comfort up front, the rear seats are tight.

Interesting features

Stow-away central screen, panoramic sunroof, dual-clutch automatic transmission, and available active lane assist, active cruise control and blind spot monitoring.

Premium car, compact price

PHOTOS: JIL MCINTOSH

Review. Audi's A3 combines peppy engine with smooth ride and sharp handling — all starting at $31,100

JIL MCINTOSH
drive@metronews.ca

Premium automakers like Audi are known for their high-priced models, but many now offer more affordable compact-car entries that still provide luxury and performance.

For 2015, Audi's entry is the new A3 sedan.

It starts at $31,100, for the 1.8-litre turbocharged four-cylinder model that makes 170 horsepower.

My tester was the turbo 2.0-litre four-cylinder model, which starts at $35,900.

Eventually, the A3 will also offer a two-door convertible model and a diesel engine as the performance S3.

My 2.0-litre produced 220 horsepower, mated to a six-speed direct-shift gearbox — a dual-clutch automatic that sets up the next gear change as soon as the last one completes, improving performance and fuel efficiency.

The 1.8-litre comes in front-wheel drive, but the 2.0 is tied to Audi's full-time Quattro all-wheel drive.

Overall, I was very impressed with the A3. It's an excellent combination of a peppy engine, sharp handling, flat cornering, smooth ride and good highway manners, and it all comes together in one tight and cohesive package.

The coolest feature is the stereo screen, which pops up from the dash.

The cabin is elegantly designed and finished, with soft-touch surfaces and supportive seats.

The coolest feature is the stereo screen, a thin tablet that automatically rises out of the top of the dash when the car is turned on, and then stows itself away and out of sight when it's parked.

My car was the top-of-the-line Technik trim line, at a starting price of $42,850, which added navigation with handwriting recognition: Trace letters onto the top of the system's joystick dial to spell out a name or destination, and the system will respond.

Note that there's very little legroom in the back seat. Instead, Audi has prioritized the front passengers and gives them the lion's share of the space.

That will turn off those who need more rear-seat room, especially since you can buy many excellent compacts for a fraction of the A3's price.

But there's a lot of choice in the small-car segment, and at the premium level, this one's a serious contender.

Compare

1 Mercedes-Benz CLA
Base price: $34,300
Four-door convenience with coupe-like styling, the CLA has a 208-hp turbocharged engine and front-wheel drive.

2 BMW 228i
Base price: $36,000
Available only as a coupe, the 2 Series makes 241 hp and is rear-wheel drive.

3 Acura ILX
Base price: $27,990
Two available engines at 150 and 201 hp, plus there's a gas-electric hybrid model.

DRIVE

Shift: From hybrids, technology, new vehicles and the environment, to saving money at the pumps

Four-door Smart car might suit North American drivers

Having ditched its outdated and clunky powertrain in favour of new technology, Smart's new-look, rear-engined 2016 Fortwo will be joined by a four-door model — the Forfour — at least in Europe. Smart owner Mercedes-Benz hasn't said if or when the larger and more versatile Smart would come to these shores, only that it might, pending a favourable business case. The rear-wheel-drive Fortwo, due to arrive in late 2015 as a 2016 model, will offer a choice of two new three-cylinder engines, one of which is turbocharged. Both will have automatic start/stop to help extend fuel economy, and a long-overdue five-speed manual transmission or an optional six speed automatic. The new look is also much more mainstream, which should help boost sales. The next Smart Fortwo will look a little more like a conventional car.

ALL STORIES AND PHOTOS FROM WHEELBASEMEDIA.COM

The next Smart Fortwo will look a little more like a conventional car, but there's still no word whether the four-door model will be offered here.

Hydrogen requires a financial kick-start

North Americans are "tantalizingly close" to beginning the transition to hydrogen from fossil fuels, suggests a new study from the University of California. Entitled The Hydrogen Transition: This Time, For Real?, the study lists several caveats and roadblocks that must be overcome. The first and perhaps most difficult is a US$1-billion investment "in a series of lighthouse cities" to lower the cost of hydrogen to $7 per kilogram, or the price that would make hydrogen fuel comparable to gasoline, measured in cents-per-miles travelled. The study recommends targeted investment to build clusters of 100 hydrogen fuelling stations that could support up to 50,000 fuel-cell vehicles. Hey, it's a start.

Even if hydrogen cars become affordable, there's the problem of supplying fuel for them. A new paper outlines a possible process.

Shift points

- Nissan luxury division Infiniti says it will build an electric luxury sedan in the guise of the Infiniti LE. And the good news doesn't end there: It will have a larger battery pack, giving it greater range than the LE concept that the company showed in 2012.
- As you might expect of a diesel-powered motorcycle, the Hero RNT is designed to be a working machine ahead of a pleasure tourer. It's designed for the market in India where two-wheel transport is a fact of life, and diesel fuel is popular.
- California automaker Tesla will offer a replacement battery for its 2008-'12 Roadsters. Founder and CEO Elon Musk says the battery upgrade will use newer-generation cells and other technologies to give it a "significant" range boost. The claimed new range is about 640 kilometres.

Porsche plans four-cylinder with 400 hp

Even hardcore sports-car manufacturers are downsizing in favour of better fuel economy and lower emissions. Case in point: Future Porsche Boxsters and Caymans are due to receive a four-cylinder boxer engine, Porsche boss Matthias Müeller told Germany's Auto Motor und Sport magazine. The engine will follow the lead of Porsche's classic six-cylinder design, with a 180-degree horizontally opposed layout as part of a modular engine strategy that shares components no matter how many pistons there are. Müeller said the engine would put out almost 400 horsepower.

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Saab shows electric sedan amid concerns about its future

The Chinese company that bought the remains of Sweden's Saab Automobiles three years ago said it would recast Saab as a maker of electric vehicles. Now, as fears spread that the new owners themselves might be on the verge of bankruptcy, engineers have presented a prototype plug-in electric Saab 9-3 Aero Sedan. The new owner, New Electric Vehicles Sweden, is the focus of a lawsuit by an unpaid supplier that could force it into bankruptcy. Limited production of gasoline-powered Saab 9-3s resumed last December. On-road testing of the 9-3 EVs was to be conducted this summer, but production was halted in May amid mounting financial concerns.

BMW is in a technology-sharing mood

BMW says it is open to sharing the electric-vehicle-battery technology it has developed with Samsung SDI, as a means to achieving economies of scale that would bring down costs. "If Mercedes called us, we would be happy to find a way ... to supply them with battery cells," BMW purchasing boss Klaus Draeger told industry watchdog Automotive News. The Bavarian automaker plans to increase orders of battery cells by at least 20 to 30 per cent in 2016 from 2014 levels. Samsung SDI will increase its supply for the BMW i3 battery-powered city car and i8 plug-in hybrid sports coupe, and will also supply batteries for future BMW hybrid models starting with the X5 plug-in hybrid, Draeger said.

BMW says if more companies adopted its battery technology, the cost for everyone would come down.

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2014 ESCAPE S

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Delivery Allowance	$500
TOTAL PRICE ADJUSTMENTS	$1,755
SHARE OUR EMPLOYEE PRICE	$24,494*

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Delivery Allowance	$6,750
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SHARE OUR EMPLOYEE PRICE	$24,327*

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Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
You may prefer to avoid an unpleasant or embarrassing situation rather than face it head-on but deep down you know you are merely postponing the inevitable.

♉ Taurus
April 21 - May 21
A new person will get your attention and you may even be thinking in terms of romance, but the planets warn the relationship is unlikely to last.

♊ Gemini
May 22 - June 21
Neptune can be a disruptive influence and because it is now at odds with love planet Venus it could have a negative effect on affairs of the heart.

♋ Cancer
June 22 - July 23
If you have doubts about a project others are trying to get you involved in then by all means steer clear of it.

♌ Leo
July 24 - Aug. 23
With Neptune, planet of illusion, up to its tricks today you could easily make a foolish mistake — and if you do it's unlikely others will be able to get you out of trouble.

♍ Virgo
Aug. 24 - Sept. 23
You must not ignore a loved one's feelings today, not even if you think they are getting emotional for no good reason. You can and you must show some sensitivity. Not everyone is as rational as you.

♎ Libra
Sept. 24 - Oct. 23
Someone will try to undermine your confidence today but they won't succeed. You know who you are. Their words won't change that. But they may change how you view them.

♏ Scorpio
Oct. 24 - Nov. 22
No matter how attached you are to an idea, something will happen over the next 24 hours that forces you to think again. Could it be you took certain things for granted that you now realize were simply not true?

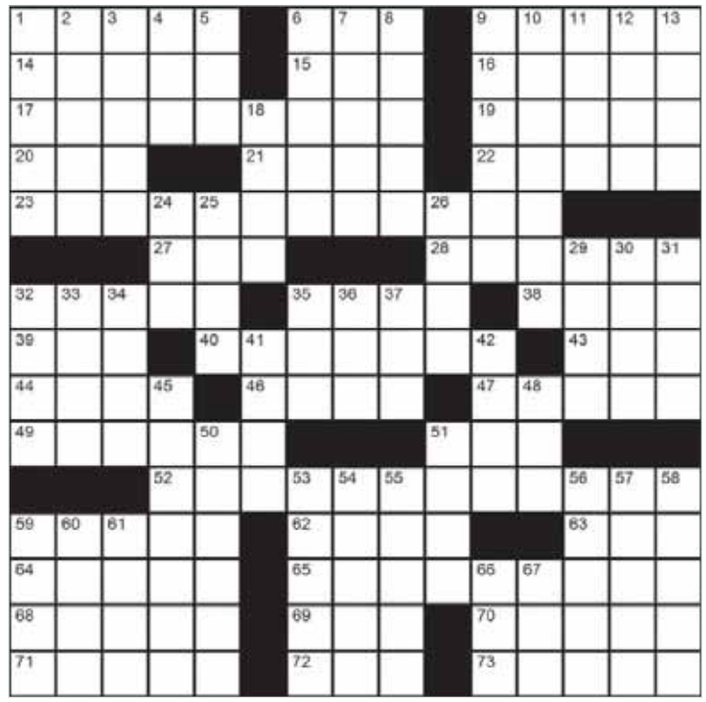
♐ Sagittarius
Nov. 23 - Dec. 21
Your attempt to resolve a domestic dispute is not going to work today. Neptune, planet of illusion, is making it increasingly hard to see the real problem.

♑ Capricorn
Dec. 22 - Jan. 20
You want to get as much done as is physically possible but the planets warn you could easily over-extend yourself or, worse, exhaust yourself.

♒ Aquarius
Jan. 21 - Feb. 19
You may not want to admit it but you know a relationship is not working out the way you had hoped. Do you try again? Give it some thought.

♓ Pisces
Feb. 20 - March 20
Today's Venus-Neptune link suggests you are likely to lose focus! It actually doesn't matter — fate will always guide you where you need to go.

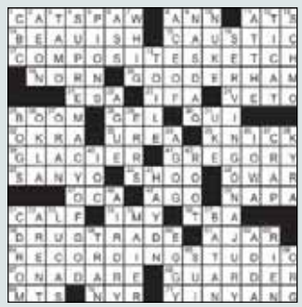
Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. __ Fraser University
6. __ Antonio
9. Heron kind
14. Ireland's County __
15. ___ pinch
16. Blue hue
17. Guess Who, and others: 2 wds.
19. Ms. Braga
20. Ms. Longoria
21. Singer Lou
22. Refine
23. TIFF 2014 (Toronto International Film Festival) movie set in Kawartha Lakes in Ontario, directed by Jordan Canning: 3 wds.
27. Abitibi article?
28. Bothersome
32. Befuddle
35. Created
38. "Use __ __ lose..."
39. Racing's Mr. Fabi
40. TIFF 2014 prize, Canada Goose Award for Best Canadian __ Film
43. Time
44. "The Wizard __" (1939): 2 wds.
46. '90s band, __-Lite
47. TIFF 2014 film directed by Xavier Dolan
49. Immeasurable
51. Ms. Wasikowska of #65-Across
52. Profession of Colm Feore's character in TIFF 2014 film "Elephant Song"
59. Illegally hunt
62. "__ She Sweet"
63. Pre-Fri. day
64. Arm joint
65. Robert of TIFF 2014 film "Maps to the Stars"
68. __ Arabia
69. 'Capri' suffix
70. Julianne who stars in #65-Across
71. Frequently
72. Gibraltar, e.g.
73. Pretended

Down
1. Nail alternative
2. Bif Naked's "_ __ Myself Today"
3. Particular parrot
4. Sitcom planet
5. Omaha's state, briefly
6. Brawn
7. Stop-__-__
8. Of the nose
9. Nor'__ (Atlantic storm)
10. Canadian broadcaster, Peter __ (b.1934 - d.2002)
11. Germanic letter
12. 'Ranch' suffix
13. Shipbuilding wood
18. Mr. Vigoda's
24. Kay's follower
25. Coral formation
26. Competitor
29. Thingy
30. "Cheers" patron
31. Singer Macy
32. Canadian director Mr. Egoyan
33. Resist
34. Jim Morrison, for one
35. Ms. West
36. Devoured
37. Deserving
41. Country's Mr. Arnold
42. Give out
45. Jason Priestley's show "Beverly Hills, 90210" has a what in it?: 2 wds.
48. Row
50. The Ever After of __ Rao (Current best-seller by Nelson, BC born novelist Padma Viswanathan)
51. Mr. Dillon
53. Organized crime chiefs
54. "Have a Little Faith in Me" by John __
55. Prefix with 'continental'
56. "Don't worry.": 2 wds.
57. Comic actor Pauly
58. Adjusted, as pitch
59. Money in Mexico
60. Patron saint of Norway
61. Border on
66. Global currency org.
67. Cacharel perfume

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

5			2		4			8
	4		1		8		9	
		3				6		
		9	3		5	4		
1								9
		2	8		6	3		
		7				8		
	8		6		1		7	
9			7		3			4

Yesterday's Sudoku

8	3	7	4	9	6	2	1	5
2	5	6	1	7	3	4	9	8
9	1	4	2	5	8	6	7	3
3	2	9	6	1	4	5	8	7
7	4	5	3	8	9	1	2	6
6	8	1	5	2	7	3	4	9
1	6	8	7	3	2	9	5	4
5	9	3	8	4	1	7	6	2
4	7	2	9	6	5	8	3	1

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